BBC goodfood
Middle East
May 2022
DHS15
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Easy entertaining

- Seared tuna & asparagus niçoise
- Vegan cauli cheese
- Harissa roasted squash & feta pie

EASY MEAT-FREE DINNERS

EXPLORE ESTONIA

Plan your next culinary adventure

YOUR EID FEAST AT HOME

● Make Spicy sweet potato hummus ● Cook this One-pan lamb tagine with chickpeas ● Bake a Date & walnut loaf

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Welcome!



May begins with the glorious celebration of Eid al-Fitr, bringing families and friends together at home or one of the many dining venues across the country – visit *bbcgoodfoodme.com* to find a gastronomic experience for you and your loved ones. If you're cooking up a meal at home, look out for our Eid badges near this month's recipes, and don't miss the sumptuous One-pan lamb tagine with chickpeas (p34) and the date and walnut loaf (p62).

As summer approaches, we're choosing lighter, feel-good meals to keep energy levels high and lethargy at bay. Charred chilli salmon with cabbage salad and Beany beef chilli stew with tortilla croutons are just some of the wholesome options to start the season right (from p39). For vibrant plates, turn to p55 and peruse our seasonal dishes with fresh veg. Keep the rest of your meals nutritious and sustainable with a fabulous takeout idea (p74), 5 healthy ways with seafood (p76) and a pasta dish (p78) packed with good-for-you ingredients.

Planning a trip to Europe this summer? Add Estonia to the list for hiking, foraging activities and exceptional culinary offerings (p80).

Happy reading!

Nicola Monteath
Editor

WHAT WE'RE LOVING!



"Arancini scotch eggs are a brilliant picnic treat and a great way to use up leftover rice," says Sales manager, Liz.



Digital editor, Serena says: "I can't resist an indulgent Sticky toffee pudding over the weekend."



"This One-pan lamb tagine with chickpeas is an easy way to impress guests and tastes delicious with fresh crusty bread," says graphic designer, Froilan.

BBC goodfood Middle East

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Contents

UPDATE

4 YOUR SAY
Find out if you won the Star Letter prize.

6 NEWS NIBBLES
The latest in culinary news and more across the region.

9 FLAVOURS OF THE MONTH
Take your pick from our roundup of deals and new openings across the country.

12 TRIED & TASTED
We've reviewed some of the top hotspots in town.

16 COOKING PROJECT
Discover nifty food hacks and tips.

EASY

20 MIDWEEK MEALS
Pack in vegetables and protein into every meal, for you and your family.

26 VEG BOX STAR
Hummus gets a makeover with the addition of sweet potato.

28 FROZEN ASSETS
Add these pasties to your picnic table and freeze extras for a weekend snack at home.

30 REDUCE WASTE
Use up all the ingredients in your pantry with these nifty ideas.

WEEKEND

34 EID LAMB
Celebrate Eid al-Fitr with family and friends and make this sumptuous,



aromatic lamb tagine by Tom Kerridge, for your gathering at home.

39 LIGHTER FEEL-GOOD FOOD
As summer approaches, switch your meals to wholesome, lighter comfort food. Take your pick from Harissa roasted squash & feta pie to Cauliflower katsu curry and more.

50 1 INGREDIENT – 3 WAYS
One of the most versatile ingredients found in almost every household, eggs, are a great source of protein. Try these three inventive recipes and serve it for breakfast or bring it along to your next picnic.

55 GREEN SHOOTS
Asparagus, radish and new potatoes make a comeback this season. Brighten your plates with seasonal stars and enjoy fresh produce at its best.

60 NEXT LEVEL
Sticky toffee pudding may be a bit too heavy given the weather outside, but it's an indulgent classic that can be enjoyed anytime you're seeking a cosy, comforting dessert.

62 WEEKEND BAKE
Make a loaf and serve it for Eid and after. Best enjoyed with a freshly brewed cup of tea.

FAMILY

65 NEW FAVOURITES
Keep little ones busy with these wholesome family meals.

70 ROCKY ROAD CAKE
A delicious bake for the weekend.



HEALTH

74 FABULOUS FAKEAWAY
This nutritious Beef chow mein is low in fat and calories, and ready to eat in just 20 minutes.

76 5 HEALTHY IDEAS
Take seafood up a notch with these high protein, low in fat dishes that are apt for weeknight meals.

78 FEEL-GOOD LUNCH
Whether you're cooking for two or a family, this Healthy tuna pasta packs in three of your five-a-day.





GOURMET LIFESTYLE

80 TRAVEL
Visit Estonia for the finest in culinary and adventurous experiences.

COMPETITIONS

87 Gift vouchers, meals and plenty more.



Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.
1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

YOUR SAY

We love hearing from you!

STAR LETTER



I can't believe I'm saying this but I just made my very own apple jam and citrus marmalade, all thanks to the *BBC Good Food ME*. I went into it thinking it would be a hard and tedious job. To my surprise, it was extremely easy and fun to make with my children. The instructions were very clear to follow. The jams tasted absolutely sublime and incredibly fresh compared to the store-bought version. The great thing about both these recipes is that it's vegan and gluten-free. It's a great pairing with my toast every morning and is an absolute hit at my place.

Mary Cynthia



This month's issue has quite a few things to like, especially the simple and quick recipes. But what caught my attention the most was *Cheering on Chana*. As an Asian, I have grown up eating chana in different forms. Be it roasted black chana, aloo chana, chana dal or chana chat. I loved how our everyday staple food was featured with simple yet refreshing recipes. Apart from that, I must say that the soups ideas literally had me craving soups. Love it!

Priyanka Adhikari



I loved the healthier baking ideas. I've just bought myself a Kenwood Chef and have become the dessert person for all our BBQs. There are only so many times you can get away with taking a pavlova or a lemon tart though! I'm always looking for new baking recipes that are healthy/vegan/gluten-free options, to help make dessert available for everyone. I'll be giving the sugar-free lemon drizzle cake a whirl this weekend!

Sara Grinstead

WIN!

A CULINARY HAMPER FROM RENARTE, WORTH OVER AED1,300

RENARTE is a global hospitality supplies company with over 40 world-renowned brands under their distribution in the Middle East. The brand boasts an exhaustive and remarkable selection of products, ranging from complete kitchen equipment and crockery, cutlery, tabletop items, tableware, porcelain, glassware and flatware, to catering equipment, bar and stewarding gear and an impressive array of table linen. RENARTE's range of quality hospitality supplies is carefully curated to gratify and complement every need of every hotelier. One lucky winner will win a pre-packaged hamper from RENARTE, brimming with an exquisite selection of hospitality supplies, including crockery, cutlery and serveware, for an unforgettable restaurant-level dining experience at home.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East





EID GIFTING

Bateel's unique Eid 2022 range features the finest single-origin chocolates from truffles, pralines, ganaches, and rochers, to organic chocolate-coated dates featuring a variety of candied fruit and caramelised nut fillings. The Luna collection boasts a vibrant, contemporary design complemented by a striking gold crescent moon. The collection is fully customizable and available in five colours: blue, pink, mint, turquoise and purple.

From AED70 at Bateel stores.



If you're looking for a gourmet hamper, Cipriani Food offers a curated selection of luxury Italian cuisine gifts including pasta, tonic water, olive oil, a refreshing virgin Bellini and more - all used in Cipriani restaurants across the globe.

Available at cipriani.com/uae/cipriani-food



THE BEST BITES

Cosy up on the couch with a delectable assortment of Garrett Gold bonbons, on your next movie night in. These handmade, bite-size popcorn clusters are enrobed in silky smooth white, milk or dark chocolate and are available in a range of flavours. Dusted with golden sparkles, you can pick from flavours including pecan, pistachio, raspberry and vanilla and the brand-new karak flavour, created to pay homage to one of the UAE's favourite hot beverages.

Available in a selection of 24 pieces, a gold tray or tower. *From AED135 at Garrett Popcorn Shop.*

Photographs SUPPLIED



MARK YOUR CALENDAR

Dubai Food Festival (DFF) is back from May 2-15. The annual 14-day city-wide festival will showcase authentic homegrown cuisine and concepts created by Dubai's local food heroes, as well as fine dining restaurants, and masterclasses by leading chefs. Additionally, Dubai Restaurant Week (May 6-15) and Foodie Experiences will once again headline DFF with exclusive culinary experiences.

For more information, visit dubaifoodfestival.com

NEW ADDITIONS



Time Out Market Dubai has welcomed four new vendors: SLAB Cocina, Lana Lusa, The Lighthouse - Pastry and Dessert and Boon Coffee, joining the line-up of 18 home-grown concepts. Lana Lusa will present a menu featuring everything from Pastéis de bacalhau (fried salted codfish) to Francesinha (Portuguese sandwich with beef, veal ham, cheese, chorizo, francesinha sauce served with fries), while The Lighthouse offers a curated, holistic experience merging dining and catering with a retail gifting concept. Boon Coffee caters to all your caffeine needs with infused Nitro cold brew and Cold brew iced tea, amongst other options.

MAKE SMARTER CHOICES





Spinneys has become the first retailer to partner with the 'Food for Life' programme; a UAE initiative to drive nationwide transformation towards healthier diets from sustainable food systems. Led by the Ministry of Climate Change and Environment (MOCCAE) and the Ministry of Health and Prevention (MoHAP), in collaboration with Emirates Nature-WWF and the Food and Agriculture Organization of the United Nations (FAO), the initiative supports the country's goal to halve food waste by 2030 - in line with the National Food Security Strategy 2051 - as the country progresses towards becoming a pioneer in sustainable food systems.

According to Dubai Carbon Centre of Excellence, food wastage in the country is estimated to be 3.2 million tonnes, with around 38 per cent of the food prepared daily being wasted, most of which is from homes. 'Food for Life' aims to assist individuals towards a more sustainable lifestyle and save one-third of waste by shopping, cooking and eating smarter. Spinneys has identified the top wasted foods, providing nifty guides for shoppers, on using and storing produce such as potatoes, tomatoes and apples.

spinneys.com


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Flavours of the month

What's hot and happening around town this month

L'OLIVO

The iconic Burj Al Arab Jumeirah has welcomed an exquisite pop-up of the famed L'Olivo, the only two Michelin-starred restaurant on the island of Capri. At the helm of the kitchen is the acclaimed Chef Andrea Migliaccio of Capri Palace Jumeirah, offering Mediterranean highlights at the refined pop-up, where diners can take in the views of the coral reef aquarium at the heart of Al Mahara. The menu is inspired by simple principles and authentic flavours from Capri and the Mediterranean, with dishes such as Merluzzo Nero black cod; served with spinach and sundried tomatoes and finished with coffee and liquorice; tagliolini perfectly paired with tuna fish tartare, bottarga, zucchini and a squeeze of lime. You can also find blue lobster with saffron, raspberries and sweet and sour vegetables, and the creamy risotto with fresh lemon, red prawns, oyster leaf and creamy bisque. Diners can opt for the a la carte or Tasting Menu of five courses.

Contact +9714 432 3232.

CAYA SHARJAH



The Sharjah Cultural Capital Monument coastline is now home to Caya, a homegrown neighbourhood eatery offering Mediterranean-inspired décor, expansive seating and rich interiors. Developed by Alabbar Enterprises, Caya Sharjah is complete with minimalistic tones and soothing aesthetics and design elements. Indulge in wood fire pizza with 48-hour proofed sourdough, homemade sauce and a choice of meat or vegetables with explosions of cheese bursts. The all-day dining menu also includes a Greek chicken simmered in yoghurt dip, sprinkled with roasted tomatoes; a classic interpretation of the signature pistachio labneh layered with strips of olives, parsley and pesto and pasta dishes such as angel hair arrabiata with pink sauce and parmesan taglioni glazed with cacio e pepe sauce. Don't miss the doughnut torrija, tiramisu rocher and the chef's twist on kunafa pudding.

Contact +97156 480 4682.

Photographs SUPPLIED

L'Olivo



MAZI ABU DHABI

One of London's most successful restaurants, MAZI London, is bringing the art of modern Greek dining to the capital with the launch of Mazi Abu Dhabi at The St. Regis Saadiyat Island Resort Abu Dhabi. Get ready to be transported to the sun-kissed shores of Greece at this 'fine-casual' restaurant, serving up vibrant Greek specialities in the rustic dining room and on the stunning terrace teeming with delicate olive trees and an exclusive wood and fire grill. The menu comprises favourites such as tzatziki, Greek salad, kavourosalata and grilled calamari, alongside unique plates such as feta tempura, shredded lamb shoulder tacos and sea bass tartare. Those on a gluten-free diet can opt for the dedicated gluten-free menu, featuring chicken thigh souvlaki skewers and artichoke risotto à la polita, all of which can be paired with the finest Greek grapes, premium beverages and bespoke mixed drinks, infused with fruits and fresh herbs sourced from various regions across the Grecian landscape.

Contact +9712 498 8888.



SĀN BEACH

The Palm is now home to a culinary experience, beach destination and soul retreat reminiscent of a chic, contemporary African sanctuary. Located at The Club, Palm West Beach, guests can expect an internationally inspired menu - available from breakfast to sundowners - daily performances, tunes from the resident DJs, musicians and weekend performances by SĀN's resident band The Nomades. With a private pool and beach access, an exclusive pool bar with views of the majestic Dubai skyline, and elegant loungers and cabanas with floating veils drifting out onto the seafront, SĀN is a great escape for a fun weekend under the sun.

The sofa and sunbed passes are available from AED200 on weekdays and AED250 on weekends. Cabanas from AED1,000 entrance fee for two guests. Contact +9714 458 0499.



UMAMI BURGER

This celebrity-approved burger concept has aggressive plans to expand the gourmet burger to over 150 locations across the UAE, within this year. Serving up juicy burgers and shareable sides, Umami Burger brings bold flavours to the forefront by carefully curating ingredients to elevate "the fifth taste." Mindy Kaling, Jaden Smith, Daniel Boulud and Justin Bieber are some of the celebrities that Umami Burger continues to work with, to create spectacular burgers with a distinctive twist. Cindy Crawford even created a signature 11-layer sky-high 'Casa burger' at the LA outpost. Take your pick from the Umami classic burger, Truffle, Sunnyside, Texas BBQ bacon and Patty melt, amongst other offerings including vegan options starring the Impossible Patty.

Order on Deliveroo, Zomato, Talabat and Careem.

GCC



EL&N LONDON

London's most Instagrammable café is finally opening its standalone café in Riyadh. Renowned for its gorgeous pink flower walls, unique interior design, innovative culinary offerings and speciality coffee, EL&N London has officially opened its doors at The Zone. The space, filled with neon signs, architectural framework and picture-perfect moments serves menu classics for breakfast, lunch and dinner, including the EL&N Shakshuka, Cheetos cheeseburger, Dulce de leche milk cakes and of course, the iconic Spanish latte.



Feast your eyes on luxurious views as you savour delicious creations at one of our six new licensed restaurants.

AKIBA DORI · BUUR BRUNCH & DINNER · CLAW BBQ DiveBar+Crabshack · EATALY AT THE BEACH · HURRICANE'S GRILL & BAR · LA MEZ CALERIA

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Tried & tasted

Our top dining experiences this month





BUUR

The multi-venue dining destination, the Pavilion in the buzzing JBR, is home to the chic German café BUUR. Opening its doors in Dubai for the very first time, the well-known brand hailing all the way from Germany is recognised for their unique breakfast and brunch dishes around Cologne, Dusseldorf and Frankfurt.

In Dubai, BUUR is taking things a step further, now offering diners the option to tuck into dinner plates as well. And what's exciting about this, is that Dubai is this café's first location to do so.

The licensed setting boasts a 300-seat capacity across a two-story dining hall, an elegant bar and a shisha lounge. The indoor space opens out to an air-conditioned terrace within the Pavilion, lined with gorgeous greenery, where we chose to dine. Look for the catchy neon signs, the wood panelled elements, a larger-than-life potrait bust, a chic design throughout and a must mention, the picturesque swing in the lady's washroom that simply calls for a photo.

The highlights:

Diners can avail the menu via a QR code, that reveals continental Breakfast/Lunch options, special offers, and an Iranian/Lebanese Dinner selection. We were amazed to find out that if you clicked into a specific dish, you were also offered recommended items that would go best with your preferred choice.

As with most restaurants we visit for the first time, we're glad to receive advice on what to try out. On this note, a handmade concoction that was as arresting as it was enjoyable, comprising the essence of quince, vanilla and egg white, and garnished with a golden-yellow tuile was my partner's choice of beverage; while I thoroughly relished my refreshing, thirst-quenching ginger lemon squash.

Shortly after, our table was covered with an array of appetizers, including a velvety Hummus, with warm pitta bread that I just could not resist, and a moreish Kashke bademjan (eggplant dip) served in its own skin. Picture rich, smashed and whipped aubergine, topped with onion chips, garlic mint oil and sour yogurt, adorned with pomegranate. Save some of that pitta bread to wipe every last bit from your plate.

Large skewers of Shish tawook and Koobide kebab on a bed of flatbread showed up next, accompanied by Tahchin (Iranian rice dish) with barberries and Saffron rice tahdig (scorched rice dish). The tahdig was downright delectable, with aromatic saffron butter notes shining through its crunchy caramelised layer; while the tahchin was an elaborate preparation featuring roasted pistachios and almonds.

The Shish tawook (chicken kebabs) skewers were served with a side of toum, and every piece was cooked to perfection; while the Koobide kebabs (minced meat kebabs) were as scrumptious as ever.

Quite stuffed by now, we shared a sweet treat from the Breakfast/Lunch menu, and it was a complete indulgence. Picture French toast, cut into cubes coated in brown sugar and cinnamon, topped with a scoop of vanilla ice cream and Lotus biscuit, and a sinful serving of Lotus crème. By its side, lies a ruby red poached apple. One bite in and it felt like we were eating a warm apple pie.





The verdict:

A stylish setting, an inviting ambience and fabulous food and beverages. BUUR is great for no-frills dinners with friends, a night out on the town with your partner and fun family gatherings. Parents will also be happy to know, there is a special kids' section on the menu, so do take the kids along too.

Book now:

Brunch from Sunday to Saturday from 9am-6pm, Dinner from Sunday to Saturday from 6pm to 1am and Bar and Shisha Lounge from Sunday to Saturday from 9-1am. Call +9714 456 0477. Visit buur.ae.







IL PASTAIO DUBAI, AL HABTOOR CITY

il Pastaio is one of Los Angeles' most applauded Italian restaurants, boasting a star-studded list of diners at its Beverly Hills location. Now, the celebrated concept has chosen Dubai as home for its only other location in the world.

Translating to mean "the pasta maker" from Italian, il Pastaio first came into being twenty-six years ago by the Drago brothers in California. Having grown up in the small town of Galati Mamertino in the Italian region of Sicily, Giacomino, Celestino and Calogero Dragos were always surrounded by the fragrance of ripened tomatoes, richness of olives, freshly handmade pastas and cheeses and grape typical of the region. Inspired by these memories, they began by serving rustic pasta dishes enthused by fine seasonal ingredients. Fast forward to now, the Italian dining destination still offers a menu that remains truthful to its heritage.

Perfectly positioned in the Al Habtoor City Boulevard on Sheikh Zayed Road, il Pastaio Dubai boasts an expansive sophisticated, yet welcoming setting. We encourage you to take a walk around the space and discover the live pasta-making station, before taking your seat indoors or out on the partially-closed terrace.

The highlights:

We were fortunate to meet the restaurant's Head Chef, Diego Simonetta, who enthusiastically took us through the menu offerings. Brimming with a redefined selection of every Nonna's classic recipes, each dish has been thoughtfully conceptualised, crafted and, as we would come to realise, plated.

To begin, sips of a vibrant orange-hued Italian concoction, served as an aperitif in Northeast Italy, comprising sparkling grape, digestive bitters and soda, offered a delightful gateway into our dining experience.

Our glorious Italian feast based on the culinary team's suggestions began with four delectable dishes – Trio tartare from the Specials, and Burrata, Bresaola and Melanzane parmigiana from the Antipasti section. Each generously-portioned dish is created to share, and aptly so because you will want to try them all. We began with bites from the scrumptious eggplant bake, apt if you're looking for a warm and hearty dish; followed by the tender dry-cured beef, garnished with frisée lettuce, rocca salad, artichoke wedges preserved in olive oil, sundried tomatoes and mozzarella cheese, topped with a lovely lemon vinaigrette. Moving on to the last antipasti, we were pleasantly surprised to learn that the luscious Burrata is made locally in Dubai, with milk brought from Italy. Finally, the Trio tartare, as the name suggests, featured three distinct raw, seasoned cakes of meat and seafood. First up was a truffle Fassona beef that we especially enjoyed as it contained absolutely no 'fat', lending an almost rustic flavour; alongside a delicately-spiced cardamom sea bass tartare with lime and Kaluga Queen caviar and a portion of melt-in-your-mouth bluefin tuna tartare with raspberry pearls.

A pause was needed before mains, and I took the opportunity to visit the live pasta-making counter in the restaurant, where a talented chef rustles up an array of different types of intricate pasta which is used to cook some of the many dishes. The only other pasta used is from the renowned Senatore Cappelli brand.

Dinner with a show was up next, and if you have to order just one this, this would be it. The Taglioni tartufo, finished in the giant wheel of cheese, adorned with cheese fondue and truffle shavings, was every bit as sinful as it sounds. The next main pasta dish was teeming with calamari, scallops, shrimp, mussels and clams, and if you're a seafood enthusiast, we thoroughly recommend the Scoglio with a full-bodied sauce. Meat lovers are presented with choices aplenty, and we opted to share the Costata di bue, a juicy prime rib eye with roasted potatoes, seasonal vegetables and an aromatic rosemary sauce.

Good conversation and great beverages kept the evening going on, allowing us a breather before the final course. Dessert called for Cannoli with three unique fillings - Gianduja cream, ricotta and pistachio; the elegant Tiramisu; and a decadent Cioccolato (flourless chocolate cake). Each distinct in their own way, but equally delectable, offering the perfect end to the evening.

The verdict:

A glittering restaurant, impressive food that will please the eyes and palate, perfectly-crafted sips that pack a punch and impeccable service. Il Pastaio Dubai is a fine-dining destination perfect for exquisite celebrations, intimate occasions and sharing-style gatherings with loved ones.

Book now:

Daily from 12pm-12am. Call +97154 791 3320 or email reservations@ilpastaiodubai.ae. Visit ilPastaioDubai.ae.

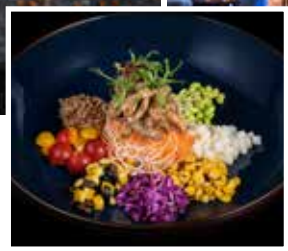












DEMON DUCK

The recently-opened Demon Duck at Caesars Palace Dubai, Bluewaters, by three-Michelin starred Chef Alvin Leung, has barely been around Dubai's food scene long enough but is already making waves for all the right reasons.

The self-taught Leung, aka The Demon Chef (a nickname given to himself), is known for a style of cooking he calls "X-Treme Chinese" - where he disrupts traditional Chinese and Asian cuisine and re-defines it in a fascinating modern way. Expect a playful, refined approach to all your favourite dishes, showcased in extraordinary serveware that simply enhances your experience.

When you reach the venue, you're greeted with warm ambient lighting across a quaint, almost hidden outdoor garden terrace and a fashionably-fresh indoor space. Massive paintings, a mighty Demon Duck replica, quirky depictions of duck art by Hong Kong based photographer, Mark Chung and lively graffiti make up the breathtaking décor. We were in awe from the moment we stepped foot inside, and walked around before dining al fresco.

The highlights:

Look for the Middle Eastern inspired mosaic patterns on Monica Tsang designed crockery, the duck feet chopsticks rest and even the miniature Demon Duck table number holder that speaks to the careful consideration that went into planning the restaurant, and we're all for it.

Over the course of the evening, we were thoroughly impressed that our server, as well as everyone we interacted with in the team was incredibly well-versed with not just the menus, but also the history behind the dishes, the inspiration behind certain menu items and more.

Loving the names given to each section, we took our time with the menu as everything looked spectacular, before finally settling on a sharing stand carrying a selection of diverse bites. From the 'chills to begin' part, we were offered edamame hummus with seaweed and chop chop suey packed with nine different vegetables, and topped with an Asian citrus dressing, a dish we could eat every day; alongside bang bang chicken in a tangy sauce and soft shell crab spring rolls with XO sauce from the 'temptations from the furnace' part, that had my dining partner and me fighting over who got the last piece. This option is perfect for two to share, whilst getting the chance to try several flavours.

We perused the creative concoctions menu from the speak-easy style bar, that saw handcrafted sips named and enthused by tourism sites in Hong Kong. Each one was wonderfully distinct in its own way, and designed to capture the essence of Hong Kong's nightlife and the electrifying thrill of the city's iconic streets and districts. Over the course of the evening, my dining partner opted to try the Nathan road, a fun and flirty brew with exotic flavours of coconut, kombu (edible kelp), pear, cherry shrub and cinnamon syrup; and the Party in lan kwai fong - a mischievous mix of dark plum syrup, bitters and jasmine tea. Both were an absolute delight; but the star drink of our night was the Bird street at yuen. The pretty-as-a-picture blend literally had me sipping a mélange of passion fruit and rose water from a bird-shaped glass, brought to our table in a gilded cage.

The Scallop dumplings, with a bubbly beurre blanc sauce, caviar and gold leaf was an epicurean experience in itself. Each buttery mouthful was unreservedly marvellous, and although a bit of a splurge, it is a dish worth indulging in. Which brought us to our next dish, the restaurant's famed Slow-roasted Peking duck with steamed calamansi buns, pancakes and a demon sauce from the 'demon delights' section. Diners are also able to watch the Chef in action, masterfully carving up the succulent, crisp bird that is brined and infused with spices overnight, before being dry-aged for 10 whole days. Following this, the duck is cooked at two different temperatures (a low temperature to retain the juiciness, and at high heat to guarantee crispiness), sliced thickly to preserve the lusciousness and tenderness of the cooked meat and only then, served to your table. It was unquestionably excellent.

My dining partner could not resist the cracking Crispy Sichuan tiger prawns from 'the devil's pond'; and I could not say no to a personal favourite from the 'sinner' section, Dan dan noodles with minced chicken.

Although we were absolutely stuffed, our server recommended a lighthearted dessert, the Bubble bath which looked exactly as it sounds. Plated in a bathtub, the tempting treat from the 'angels from the master' portion included cardamom foam to represent a bubble bath, a scoop of creamy cardamom ice-cream, mini litchi and white chocolate bath bombs, lychee ice-cream meringue and the cutest handmade fondant ducks. Each item on the menu was a testament to Chef Alvin Leung's inventive cooking style, following the well-known adage of "eating with your eyes first."

The verdict:

Showcasing bold and boisterous cuisine and sips that impress, Demon Duck offers a decadent dining affair that is perfect for adult get-togethers, glamourous date nights or casual catchups with colleagues and friends.

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COOKING PROJECT

Plant-based comfort

Spend time at the weekend making this indulgent twist on a classic that everyone can enjoy – it works as a side, or serve as a main with a green salad or steamed veg



TWIST IT

- Make a fresh salsa of tomato, avocado, red onion and coriander and spoon over just before serving
- Cook some sliced chestnut mushrooms in olive oil until golden and stir through before baking
- Use a mix of half cauli, half broccoli florets for more colour

Vegan cauli cheese

SERVES 4 **PREP** 15 mins
COOK 45 mins **EASY** V

1 large cauliflower, cut into florets, stalks chopped, leaves separated
1 tbsp sunflower oil
50g vegan butter block
50g plain flour
2 tsp mustard powder
2 tsp onion granules
2 tsp garlic granules
800ml soya milk
5 tbsp nutritional yeast
75g sourdough bread, blitzed to breadcrumbs
75g vegan cheddar, grated

1 Heat the oven to 200C/180C fan/gas 6. Toss the cauliflower florets and stalks with the oil and some seasoning in a large roasting tin. Roast for 25-30 mins until almost tender, then add the leaves and cook for a further 5 mins.

2 For the sauce, melt the vegan butter in a large saucepan. Add the flour, mustard powder, onion and garlic granules. Cook for 2-3 mins, then gradually add the soya milk, whisking to incorporate. Bring to a simmer, stirring constantly, then simmer for 4-5 mins until reduced and thick. Whisk in the nutritional yeast and a little more seasoning.

3 Tip the sourdough breadcrumbs and vegan cheese into a bowl and stir to combine. Season well. Remove the cauliflower from the oven, spoon over the sauce and stir to combine. Scatter over the cheesy sourdough crumbs and return to the oven for 10 mins until bubbling and golden. Serve as a side or main with a green salad or vegetables.

GOOD TO KNOW vegan • calcium • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 456 kcals • fat 23g • saturates 11g • carbs 36g • sugars 9g • fibre 9g • protein 21g • salt 1g

Photographs JAKOB FRIDHOLM/GETTY, ISTOCK/GETTY IMAGES PLUS, CRIS CANTÓN/MOMENT/GETTY, PHOTOCUISINE/STOCKFOOD

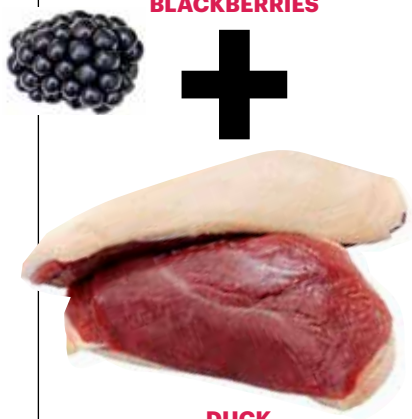
BLACKBERRIES + DUCK + RED WINE

YES, IT WORKS!

Blackberries work well in savoury sauces for rich dark meat, such as duck or venison. Add a handful to non alcoholic wine-based sauces for a fruity, tangy finish.



BLACKBERRIES



DUCK



NON-ALCOHOLIC RED WINE

KITCHEN HACK

ice cube trays

Fill ice cube trays with fresh pesto, curry pastes or flavoured butters and freeze. This means you can defrost exactly how much you need when you want it, saving waste because portions are easier to control.





STEPS TO SUCCESS

CARBONARA

The eggs
Traditional carbonara is thickened with eggs only. Cream might stop them from scrambling, but they also change the texture of the sauce. Some recipes use whole eggs, but for the best results, use just yolks as they are the richer part of the egg which thickens the sauce – also, egg whites can become streaky and slimy when under-cooked. Do not season the yolks with salt or mix with the cheese before adding to the pasta, as this may cause them to seize.

The bacon
Carbonara is classically made with guanciale, dry-cured fatty Italian pork cheek. If you can't find it, pancetta is a good substitute – smoked pancetta or guanciale will give you the best flavour.

The pasta
The obvious option is spaghetti, but other long pasta like linguine or tagliatelle also work well. Whichever pasta you choose, try and use a 'bronze' variety with a slightly rough surface, rather than a cheap, smoother variety, as this will help the sauce cling to it.

The cheese
The hard sheep's cheese, pecorino, is the most authentic to add, but it can be swapped for easier-to-find parmesan or Grana Padano.

The knack
The secret to getting a smooth carbonara sauce is to save a good cupful of pasta water, then toss the pasta in the pan with the cooked pancetta off the heat, and keep adding water gradually until you can see it at the bottom of the pan. The pasta will absorb a lot more water than you think. Then, add the egg yolks and beat in vigorously – if the pasta and pancetta have just been cooked, there should be enough residual heat to thicken the yolks. If not, place the pan back on the heat for short 20-second bursts, stirring all the time. When the yolks and water have thickened into a sauce that's still a tiny bit runny, stir in the cheese, then use tongs to transfer to warm bowls.

Keep it simple
Carbonara is perfect for two, but you can make it for a maximum of four. It doesn't hang around well, so eat it as soon as it's cooked.

BBC goodfood Middle East

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easy

Delicious, simple, and easy-to-make recipes



midweek meals

■ meat-free dinners, page 20



frozen assets

■ veg pasties, page 28



veg box stars

■ sweet potato, page 26

midweek meals

meat-free dinners

Want to cut down on meat, or are you a veggie looking to shake up the routine? Try these inventive and satisfying recipes for two

recipes LIBERTY MENDEZ *photographs* TOM REGESTER



Vegan kebabs



Cauliflower wings & zesty lentil salad

your shopping list

FRUIT & VEGETABLES
2½ small garlic cloves
300g salad leaves
265g cauliflower florets
1 lime
1 lemon
2 onions
120g baby spinach
100g mangetout
thumb-sized piece of ginger
250g baby corn
150g baby mushrooms

FRESH HERBS
½ small pack of parsley
½ small bunch of coriander

STORECUPBOARD
1 tbsp each dried oregano, turmeric and curry powder
2 tbsp smoked paprika
½ tsp chilli flakes
5 tbsp olive oil
1 tbsp rapeseed oil
1 tbsp vegetable oil
2 flatbreads
4 tbsp pickled red cabbage
75g plain flour
50ml hot sauce
2 tsp honey
250g cooked lentils
150g tagliatelle
150g basmati rice
1 vegetable stock cube
150g red lentils
2 tbsp vegan mayonnaise

DAIRY & CHILLED
200g low-fat natural yogurt
200g low-fat crème fraîche
15g parmesan
65g paneer
110g coconut yogurt
100g tempeh

FROZEN
100g frozen peas

HEALTHY

Vegan kebabs

SERVES 2 **PREP** 10 mins
COOK 6 mins **EASY** V

100g tempeh
2 tbsp olive oil
1 tbsp smoked paprika
1 tbsp dried oregano
2 tbsp vegan mayonnaise
½ small garlic clove, crushed
2 flatbreads
4 tbsp pickled red cabbage, drained
150g salad leaves

1 Slice the tempeh into ½cm thick slices. Mix 1 tbsp of the olive oil in a bowl with the paprika, oregano, a pinch of salt, crack of black pepper and 1 tbsp water. Add the tempeh, tossing to coat. Cover and leave in the fridge overnight if you can, or set aside at room termperature while you continue the recipe.
2 Beat the mayonnaise with ½ tbsp water and the crushed garlic in a small bowl. Heat the flatbreads in a dry pan over a medium heat for 30 seconds on each side. Slather the garlic mayonnaise over both flatbreads and top with the pickled cabbage and half the salad leaves.
3 Heat the remaining 1 tbsp oil in a large frying pan over a high heat. Fry the marinated tempeh for 2-3 mins on each side over a medium heat until crispy and browned. Pile on top of the flatbreads, fold over and serve alongside the remaining salad

GOOD TO KNOW vegan • healthy • fibre • 1 of 5-a-day
PER SERVING 516 kcals • fat 26g • saturates 3g • carbs 45g • sugars 6g • fibre 10g • protein 19g • salt 0.6g

HEALTHY

Cauliflower wings & zesty lentil salad

SERVES 2 **PREP** 5 mins
COOK 30 mins **EASY** V

1 tbsp olive oil, plus extra for the baking sheet
75g plain flour
1 tbsp paprika
200g low-fat natural yogurt
265g cauliflower florets
25-50ml hot sauce (depending on how much heat you prefer)
2 tsp honey
1 lime, zested and juiced
150g salad leaves
250g lentils, cooked

1 Heat the oven to 220C/200C fan / gas 7. Oil and line a baking sheet with non-stick baking parchment. Put the flour, paprika and a big pinch of salt in a bowl and whisk in the yogurt and 50ml water until you have a smooth batter. Toss in the cauliflower florets until coated and spread out in an even layer on the baking sheet.
2 Bake for 20-25 mins, tossing halfway through, until crisp and golden. Put the hot sauce and 1 tsp of the honey in a pan to heat up, toss the cauliflower in the mixture, put back on the tray and cook for about 5-8 mins more.
3 Meanwhile, whisk together most of the lime zest and all the juice, the remaining 1 tsp honey and 1 tbsp olive oil in a large bowl, and toss in the salad leaves and lentils. Divide between two plates and top with the cauliflower wings and the remaining lime zest, if you like.

GOOD TO KNOW healthy • low fat • low cal • calcium • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 476 kcals • fat 11g • saturates 2g • carbs 65g • sugars 15g • fibre 13g • protein 24g • salt 1.1g

Find more great ideas for using cauliflower at *bbcgoodfoodme.com*



BALANCED

Creamy mushroom & spinach pasta

SERVES 2 **PREP** 5 mins
COOK 20 mins **EASY** V

2 tbsp olive oil
1 small onion, finely chopped
150g baby mushrooms, halved
150g tagliatelle
2 garlic cloves, crushed
200g low-fat crème fraîche
15g parmesan or vegetarian alternative, grated
120g baby spinach
½ tsp chilli flakes (optional)

1 Heat the oil in a medium saucepan over a medium heat and fry the onion and mushrooms for 10 mins, or until softened and browned slightly. Meanwhile, cook the pasta following pack instructions.
2 Add the garlic to the pan with the mushrooms and cook for 2 mins more. Tip in the crème fraîche and parmesan, stir to combine, then add the baby spinach. Set aside.
3 Remove the pasta from the heat and drain, reserving 25ml of the water. Toss the pasta in the creamy mushroom sauce, put back on the heat and cook over a low heat until the spinach wilts, about 5 mins. Pour in enough of the reserved water to loosen slightly. Season with black pepper and finish with a sprinkle of chilli flakes, if you like.

GOOD TO KNOW balanced • low cal • calcium • folate • vit c • 2 of 5-a-day
PER SERVING 491 kcals • fat 20g • saturates 6g • carbs 49g • sugars 7g • fibre 5g • protein 27g • salt 1g



BALANCED

Coconut & corn curry

SERVES 2 **PREP** 5 mins
COOK 30 mins **EASY** **V**

150g red lentils
1 tbsp vegetable oil
1 onion, finely sliced
thumb-sized piece of ginger, finely sliced, plus extra to serve
1 tbsp turmeric
1 tbsp curry powder (check it's gluten free if needed)
250g baby corn, halved diagonally
110g coconut yogurt, plus extra to serve
½ small bunch of coriander, leaves picked

1 Put the lentils in a sieve and rinse until the water runs clean. Put the oil in a saucepan over a medium heat, tip in the onion and cook for 8 mins until softened. Add the ginger, turmeric and curry powder, and cook for another minute until fragrant. Stir in the lentils.
2 Tip in 400ml hot water and bring to the boil. Turn the heat down to medium and simmer for 15 mins until most of the water has been absorbed. Add the baby corn and 100ml water, cover and continue to simmer for 5-10 mins until the lentils are soft and the corn still has a little bite. Stir in the coconut yogurt to warm up, but don't let it boil. Serve topped with more coconut yogurt, if you like, and coriander leaves sprinkled over.

GOOD TO KNOW balanced • vegan • low cal • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 473 kcals • fat 14g • saturates 6g • carbs 57g • sugars 11g • fibre 14g • protein 24g • salt 0.1g



BALANCED

Herby paneer baked rice

SERVES 2 **PREP** 5 mins
COOK 25 mins **EASY** **V**

150g basmati rice
1 tbsp rapeseed oil
400ml hot vegetable stock
½ small pack of parsley, finely chopped
1 lemon, zested and juiced
65g paneer, cut into 1"½ cm cubes
100g mangetout, halved lengthways
100g frozen peas

1 Heat the oven to 200C/180C fan/gas 6. Tip the rice and rapeseed oil into a medium casserole dish (around 25 x 20cm), season and mix to coat the rice in the oil. Add the stock, most of the parsley, most of the lemon zest and all the juice, stir together and season.
2 Dot the paneer cubes all over the top of the rice and bake for 20 mins until the rice is very nearly cooked and the paneer is beginning to turn golden on top. Mix through the mangetout and peas, then put back in the oven for 5-7 mins until the veg is cooked but still bright in colour. Sprinkle over the reserved parsley and lemon zest.

GOOD TO KNOW balanced • low cal • calcium • fibre • vit c • 1 of 5-a-day
PER SERVING 492 kcals • fat 16g • saturates 6g • carbs 64g • sugars 7g • fibre 7g • protein 20g • salt 0.5g

Veg box stars
SWEET POTATO

Avoid waste and enjoy a filling snack by using leftover sweet potatoes in this hummus recipe. The potatoes provide the creaminess usually supplied by chickpeas, and it's given a spicy kick with smoked paprika and chilli flakes

recipe LIBERTY MENDEZ *photograph* YUKI SUGIURA

Spicy sweet potato hummus

SERVES 4-6 as a snack PREP 10 mins plus cooling COOK 30 mins EASY V

2 medium sweet potatoes (about 400g), peeled and cut into 2cm cubes
3 tbsp olive oil, plus extra for drizzling
½ tsp chilli flakes, plus extra to serve (optional)
1 tsp smoked paprika
3 garlic cloves, unpeeled
2 tbsp tahini
1 lemon, juiced
vegetable crudités, breadsticks or crackers and pitted olives, to serve

1 Heat the oven to 200C/180C fan/gas 6. Tip the sweet potatoes onto a baking tray and drizzle over 1 tbsp olive oil. Sprinkle over the chilli flakes, if using, and the paprika, then toss to coat in the spiced oil. Spread out to a single layer. Trim away the root of the garlic cloves, then nestle these among the sweet potatoes. Roast for 30-35 mins until the potatoes have softened, tossing halfway through.

2 Remove the tray from the oven and leave to cool completely. Tip the sweet potatoes into a food processor and squeeze in the garlic from its skin. Add the tahini and lemon juice, then blitz for 1 min until the potatoes have broken down.

3 With the motor running, gradually pour in the remaining olive oil. Continue to blitz for up to 4 mins, or until you have a smooth paste. Pour in 50-60ml cold water to loosen, blitz again to combine, then season to taste. Spoon the hummus into a bowl and swirl with the back of a teaspoon, then drizzle over a little more olive oil and scatter with extra chili flakes, if you like. Serve with your choice of veg crudités, breadsticks or crackers and olives for dunking.

GOOD TO KNOW vegan • vit c • gluten free
PER SERVING (6) 149 kcals • fat 9g • saturates 1g • carbs 14g • sugars 7g • fibre 3g • protein 2g • salt 0.1g

THREE MORE IDEAS



SPICED SWEET POTATO WEDGES
Toss sweet potato wedges with **ground cumin**, **chilli flakes**, **sumac**, **thyme**, **rosemary**, some **crushed garlic**, **olive oil** and a **squeeze of lemon**, then roast.



SWEET POTATO JACKETS
Mash **avocado** with **lime juice**, then stir in a little **freshly sliced red chilli**, **chopped tomatoes**, **coriander** and **red onion**. Use to fill baked sweet potatoes and for a more substantial meal, scatter over **kidney beans**.



SWEET POTATO & CHORIZO QUESADILLAS
Mash baked sweet potatoes with **chopped coriander** and fold through some **crumbled feta**. Spread over tortillas, then top with **sliced chorizo**, fold and griddle for 3 mins on each side.

Find these and other top-rated sweet potato recipes at *bbcgoodfoodme.com*

Shoot director CLOE-ROSE MANN | Food stylist ESTHER CLARK | Stylist MAX ROBINSON


gf
EID SPECIAL



frozen assets

veg pasties

Make a batch or two of these curried veggie pies to stash in the freezer for an easy lunch with salad, or warming starter

recipe BARNEY DESMAZERY *photograph* DANIELLE WOOD

Spiced spinach & potato pasty pies

Samosa meets pasty in this hybrid bake, ideal for using up cooked or raw veg from the back of the fridge. The day after Sunday lunch, you could even try spicing up your leftover veggies and mashing them up to make the filling.

MAKES 4 **PREP** 30 mins
COOK 1 hr **EASY** V ❄

3 tbsp sunflower oil
1 tsp cumin seeds, plus a pinch for sprinkling
thumb-sized piece of ginger, finely grated
6 garlic cloves, finely grated
2 tbsp curry powder
500g potatoes, cut into small chunks
200g spinach, roughly chopped
1 tsp garam masala
1 egg
¼ tsp turmeric
500g block shortcrust pastry (see tip, right)
plain four, for dusting
mango chutney or lime pickle, to serve

1 Heat the oil in a deep frying pan that has a lid or in a large saucepan over a medium heat. Cook the cumin seeds in the oil for a few seconds until they start to crackle, then stir in the ginger and garlic, and cook for a minute more. Mix in the curry powder and cook for another minute. Stir through the potatoes until completely coated in the spice mix and cook for 4 mins.

2 Pour about 75ml water over the potatoes and season with salt. Put the lid on and cook over a medium-high heat for 6-8 mins, until the potatoes are just cooked and most of the water has been absorbed. Add the spinach, cover the pan and cook for a minute. Remove the lid and cook for another 5 mins until the spinach is completely wilted and there's no liquid in the pan. Turn off the heat and season with the garam masala. Leave to cool. *Will keep chilled for up to two days.*

3 To assemble the pies, mix the egg with the turmeric and a pinch of salt in a bowl and set aside. Roll the pastry out on a lightly floured surface to the thickness of 2.80mm and cut out four circles about 12cm wide, arranging them on a baking tray lined with baking parchment. Put a quarter of the potato mixture into the middle of each pastry circle, leaving a border. Re-roll the pastry offcuts, then cut out four more circles, about 8cm wide. Brush the borders of the larger pastry circles with the spiced egg, then drape the smaller circles over the potato filling. Pinch the borders to seal. Brush the pies with more of the spiced egg and scatter over a pinch of cumin seeds. *Will keep frozen for up to two months. Defrost fully before baking.*

4 Heat the oven to 220C/200C fan/gas 7 and bake the pies for 30-35 mins until deep golden. Leave to cool a little, then enjoy warm or leave to cool completely and eat like a pasty with mango chutney or lime pickle. *Will keep chilled for two days in an airtight container.*

GOOD TO KNOW calcium • fibre • vit c • iron
PER SERVING 827 kcals • fat 50g • saturates 16g • carbs 75g • sugars 2g • fibre 9g • protein 15g • salt 0.9g

Shoot director FREDDIE STEWART | Food stylist AMY KINNEAR | Stylist LAUREN MILLER



HOW TO MAKE SHORTCRUST PASTRY
Rub **150g diced cold butter** into **330g plain flour** with a large pinch of salt until the mixture resembles fine crumbs. Add 4-5 tbsp cold water and mix to a firm dough. Wrap and chill while you make the filling.

MIX UP THE VEG
Once the potatoes are just cooked, you can add other vegetables to the pan. Small pieces of cauliflower would work well, or add a handful of frozen peas once the spinach has wilted.

reduce waste

use your leftovers

Clever ideas for making the most of what's left of this month's recipes



TRY THESE DISHES

Pulled piri-piri chicken

Take any leftover meat off the bone, discarding the skin. Tip the meat into a pan and pour over **100ml chicken stock**. Simmer gently until the chicken can be shredded into the stock, then use it to stuff tacos, wraps or burger buns.

Roast vegetable frittata

Whisk **6 eggs** with a **handful of grated cheddar** and set aside. Slice any leftover **roasted new potatoes with lemon & herbs** and roughly chop any **roasted carrots with basil pesto**. Arrange these in a single layer in an ovenproof frying pan, drizzle with **2 tsp olive oil** and heat through over a medium heat. Heat the grill to high. Pour the egg mixture over the veg and cook for 5-10 mins until the bottom is cooked. Slide under the hot grill for 5 mins until golden and cooked through.

Easy seafood & chickpea pasta

Cook a portion of **spaghetti** following pack instructions, then drain and return to the saucepan along with any leftover **smoky prawn, fish & chickpea one-pot**. Drizzle with **olive oil** and stir together over a low heat until the pasta is completely coated and everything is piping hot.

Roast squash arancini cakes

Form any cold leftover **butternut squash risotto** into small patties, then coat in **plain flour**. Dip them into **beaten eggs**, then coat in **breadcrumbs**. Pan-fry in **vegetable oil** until crisp, then serve with a **salad**.

Additional photographs ISTOCK/GETTY IMAGES PLUS



MIDWEEK MAGIC

Transform basic ingredients and leftover bits from our shopping list

MAKE MORE OF
pickled red cabbage

Red cabbage toasties
Upgrade cheese on toast (and use up leftover **bread** and **cheese**) by adding a layer of pickled red cabbage.

Great in gravy
A spoonful of pickled red cabbage and its pickling juices will add extra depth of flavour to gravies – it's especially good served with **sausages** or **venison**.

Taco topping
Mix **chopped chilli**, **coriander** and a squeeze of **lime** through picked red cabbage and use it as a topping for tacos and burritos, or serve with quesadillas.

Pickled slaw
Drain the cabbage well, then mix with lots of **coarsely grated carrot**. Dress with a **mustard dressing** or **mayonnaise**.

DON'T THROW AWAY
cauli stalks

Cauliflower leaves and stalks can be tougher and more bitter than florets, but you can still get great flavour out of them:

- **Soups** Swap cauliflower florets for leaves and stalks in any soup that's blended. Bear in mind, the soup won't be white and to make it smooth, you'll need to sieve it.
- **Side dishes** Finely slice the leaves and stalks then cook, covered, in **50g melted butter** and black pepper for 20 mins until soft. Scatter with some **grated parmesan**.
- **Stir-fries** Use sliced stalks in any mixed veg stir-fry or fried noodles.
- **Veg curry** Any curry that calls for florets can include the chopped stalks, or grate and add to a pakora mix.



HOW TO USE
coconut yogurt

Breakfast Use **coconut yogurt** in **porridge** or serve it with chopped **fruit**.

Lunch Make vegan tzatziki by mixing **grated cucumber** (excess water squeezed out) with **coconut yogurt**, **lemon juice** and **chopped garlic**. Use as a spread or dip.

Dinner Add depth to veg curries by swirling in **coconut yogurt** at the end. Find our recipe for coconut & squash dhansak on *bbcgoodfoodme.com*.

GOOD FOOD & SUSTAINABILITY At BBC Good Food, we seek realistic solutions to avoid food waste and packaging, and adhere to the three Rs: 1) Reducing food waste 2) Recycling packaging 3) Reusing food storage packaging and containers. To find out more, go to *bbcgoodfood.com/reduce-reuse-recycle*. Plus, listen to the Food Programme's inspiring Food Waste Pioneers broadcast about people who tackle food waste issues on BBC Radio 4.

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WEEKEND

Mouthwatering dishes to dig into with your family and friends



LIGHTER

Feel-good food, p39



1 INGREDIENT – 3 WAYS

Excellent eggs, p50



CAKE TIN

A treat for later, p62



TOM KERRIDGE
EID LAMB,
p34



SEASONAL

Green shoots, p55



TOM KERRIDGE

EID LAMB

Discover imaginative ways to cook different cuts of lamb in the new series of the BBC Good Food Podcast with **Tom Kerridge**

photographs LOUISE HAGGER

Lamb has always been a pricier meat, because it's a more expensive animal to produce. As with beef, so-called 'lesser cuts' are often the ones with the most flavour. If prepared correctly, they taste fantastic and have lovely texture. Breast of lamb is incredible – a flat sheet of meat that needs to be braised because of the higher fat content. You can roll it or leave it flat. Shoulder is a stunning cut, too, especially slow-cooked on the bone. You can leave it in the oven for six hours and get on with whatever else you're doing.

One cut that's often overlooked is neck. It's located right at the top of the saddle and can be cooked to medium like a rack of lamb, but because it has good fat content, it also works well as a braise. If you can get whole pieces of neck, they'll look long and thin, a bit like lamb fillets. I like lamb with North African spices, and have given you a recipe packed with flavour, plus a few tips for other recipes and serving ideas.

As with beef, the so-called 'lesser cuts' are often the ones with the most flavour. If prepared correctly, they taste fantastic and have a lovely texture.

Tom Kerridge is a well-known face on the BBC and chef-owner of acclaimed restaurants in Marlow, London and Manchester. Hear more from Tom on his favourite seasonal ideas in the latest series of the BBC Good Food Podcast at *bbcgoodfood.com/podcast*. @ChefTomKerridge

gf EID SPECIAL



One-pan lamb tagine with chickpeas, recipe



One-pan lamb tagine with chickpeas

This is one of those recipes that becomes more flavoursome if it's made a day or two ahead, then reheated. It makes entertaining that little bit easier as a result.

SERVES 6 **PREP** 20 mins
COOK 2 hrs 30 mins **EASY** ❄

1kg lamb neck fillet, cut into large chunks
3 tbsp ras el hanout
2 tbsp olive oil, plus an optional drizzle
2 onions, chopped
4 carrots, cut into large chunks
6 garlic cloves, finely chopped
thumb-sized piece of ginger, peeled and finely grated
2 tbsp rose harissa paste, plus 1 tsp to serve
½ preserved lemon, finely chopped, or a peeled strip of lemon zest
1 cinnamon stick
400g can chopped tomatoes
600ml chicken or lamb stock
2 x 400g cans chickpeas, drained but not rinsed
100g dried apricots, roughly chopped (optional)

To serve

150g natural yogurt
small bunch of coriander, roughly chopped
small handful of flaked almonds, toasted
cooked couscous

1 Toss the lamb pieces with the ras el hanout and a large pinch of salt to coat. *Will keep chilled for up to 4 hrs.* Heat the oven to 160C/140C fan/gas 3. Heat the oil in a large flameproof casserole over a medium heat and brown the lamb on all sides. (You will need to do this in batches.) Scoop onto a plate using a slotted spoon and set aside, then cook the onions and carrots in the pan for 10-12 mins until soft and golden, adding a drizzle more oil if the pan is dry. Add the garlic and ginger, and cook for 2 mins more, then stir in the 2 tbsp harissa and preserved lemon. Cook for another minute until the vegetables are coated in the mixture and sticky. Add the cinnamon, then tip in the tomatoes and bring to a simmer.

2 Cook for a few minutes more until reduced to a thick paste. Tip the lamb and its resting juices back into the pan and pour over the stock. Season and return to a simmer. Put the lid on the casserole and transfer to the oven to cook for 1 hr.

3 Stir in the chickpeas and apricots, if using, cover again and return to the oven for 1 hr until the lamb is tender. Season, then leave the tagine to stand for 10 mins. *Will keep chilled for up to three days or frozen for three months. Leave to cool first. Defrost in the fridge overnight before reheating over a low heat until piping hot.* Swirl the 1 tsp harissa through the yogurt, then scatter the tagine with the coriander and flaked almonds. Serve with the couscous and spiced yogurt on the side.

GOOD TO KNOW fibre • iron • 3 of 5-a-day
PER SERVING 605 kcals • fat 33g • saturates 12g • carbs 31g • sugars 16g • fibre 12g • protein 41g • salt 1.2g

5 MORE IDEAS

•Roast lamb shoulder with potatoes & onions
Lamb shoulder is a budget-friendly alternative, but needs slow cooking. Lay it on **sliced potatoes** and **onions**, then roast at 140C/120C fan/gas 1 for 4-5 hrs, or until pull-apart tender.

•Easy flatbreads
For quick flatbreads to serve with roast lamb, mix **300g self-raising flour** with **½ tsp baking powder**, **150g natural yogurt**, **1 tbsp vegetable oil**, 2 tbsp water and a large pinch of salt until you have a dough. Knead briefly and divide into eight. Roll each piece out into a rough oval and griddle or barbecue until cooked through and slightly charred.

•How to barbecue
Lamb neck fillet is a versatile cut that can be barbecued as well as slow-cooked. To barbecue, leave it whole or butterfly by slicing into it, part of the way through, then opening it out into a steak that can be flattened into an even layer using a meat mallet or rolling pin.

•Use a dry rub
To enhance the flavour of barbecued lamb, use a dry rub, mixing it with a little salt and massaging into the meat a few hours before cooking. This slightly cures the lamb, seasoning it all the way through and helping to build a flavourful crust.

•Cucumber & mint yogurt
Coarsely grate **1 cucumber** into a tea towel, wring out the water and mix with **150g natural or Greek yogurt**, **chopped mint** and seasoning. It's my favourite condiment to eat with roast lamb.



Shoot director SARAH SNELLING | Food stylist LIBBY SILBERMANN
Stylist ALEXANDER BREEZE | Photo assistant and retouching SOPHIE BRONZE







FROM SICILY TO DUBAI

Chef Anna Alaimo hails from a small town in the south of Sicily, where she spent her days basking in the sunshine by the Mediterranean Sea and cooking with fresh seafood, fruit and veg, and spectacular olive oil. Here, the Head Chef at Ciao Bella talks about her early life and plans for the Italian restaurant at Media One







Did you always want to be a chef?

It's a funny story. I was nine years old, and very bored at home during my summer break from school, so kept calling my mother at work. She asked me to make lunch and I said, "me? I'm a baby!" she just said, "cook it and you will make fresh tomato sauce," which is very difficult by the way! I bought the supplies – my mother gave me the list of ingredients – and told me to let the store manager know she will pay her later. So yes, that was my first dish. I started from scratch; however, I should mention that I called my mom after completing every step. That's how I got into cooking! I would cook to demonstrate my love and affection, whatever you will call it. I actually graduated in English, Arabic and Literature. I had dreams of becoming a diplomat in the Middle East, but as time passed, I combined both my interests in the Arabic language and my job as a chef. So, I studied Hotel Management Master of 1st Level and that's how I came to the Middle East, as a Trainer in Hotel Management.

Why Media One?

When I was looking¬ around, I had three offers which were completely diverse from the next. However, when I visited Media One for the first time and stepped into Ciao Bella, I felt as if I was going to work in my home country. For an Italian, when you work abroad, you miss something - your land, your products. In the UAE, 85% of Italian restaurants you visit as a guest, you don't get that feeling. At Ciao Bella, I can do what I like to do, use what I like to use and that's the reason why I chose Media One.

What can diners expect?

In the Middle East, you sometimes find some really standardized Italian cuisine. It's different when you cook like an Italian chef. There are two different ways, one is staying in the comfort zone, where you cook what your customer likes to eat or you take on the challenge and guide your customer to what you, as an Italian, like to eat. So that's what I like to do. I'm a very traditional chef with a touch of innovation. To me, the Italian cuisine is amazing. We have the Tavola, Basuki, and so much more – it's not just pasta and pizza! In my own home, we cook pasta just one time every few weeks. And in the North, there are thousands of different dishes with various French, German and Arabic influences as well! In Sicily, we have a heavy influence from Arab cuisine. You have the sea, the farm, the fields – whatever you like to eat, we have it! The Italian cuisine is so vast that it is difficult to include it on only one menu, so I have quite a few plans in place that stem inspiration from South to North.

What is the one thing you want people to experience at Ciao Bella?

I love having regular guests and when the guests come to eat, I want to read their minds. I don't want them to even look at the menu. Stay spontaneous! One of the things I like to do is know my guests individually and find out what they enjoy eating.

Visit www.mediaonehotel.com/ for more information.

RUMBA CUBAN BAR & KITCHEN

A lifestyle concept that embodies many shapes. From dining and bar experiences to lounge, cigar, terrace and beach, Rumba erupts in a spontaneous gathering of lively colors, traditional Cuban cuisine and the syncopated rhythms of music and dance.

SAY HOLA TO HAVANA

Rumba Cuban Bar & Kitchen brings eclectic energy and spontaneous entertainment to the city, no matter the time offer diners the feel-good atmosphere that can be enjoyed with undisputed and indulgent Cuban/Latin American-cuisine, whilst being charmed by the showstopping entertainers. The beach-front terrace also allows for the perfect sundowner spot to relax and sip on some Cuban-inspired beverages, refreshing glasses of grape as they 'Rumba' to Latin American beats played by the resident DJ.



RUMBA IS NOT JUST A DANCE RHYTHM, IT'S A WAY OF LIFE









Club Vista Mare, Palm Jumeirah

WEEKDAYS: 12PM TO 1AM
SATURDAY: 1PM TO 1AM | SUNDAY: 12PM TO 1AM



These recipes deliver, but they're wholesome, too, with plenty of fresh veg to help you start the season right

recipes BBC GOOD FOOD TEAM

photographs KAREN THOMAS

LIGHTER *feel good* food





Beany beef chilli stew with crunchy tortilla croutons

Beans and lentils add great texture and stretch the meat further in this hearty stew. They're also a good source of protein and vitamins, and cost-efficient as well. For ease, make it ahead for busier days and the flavours will continue to develop (it will keep frozen for a few months). The vibrant toppings add zingy freshness and colour.

SERVES 4-6 **PREP** 20 mins
COOK 3 hrs **EASY** ❄

2 tbsp olive or rapeseed oil
500g braising beef (skirt, chuck or brisket all work well)
2 onions, chopped
4 garlic cloves, crushed
1 tbsp ground cumin
2 tsp ground coriander
2 tsp smoked paprika
1 tsp ground cinnamon
2 tbsp tomato purée
400g can chopped tomatoes
1-2 tbsp chipotle paste (optional)
2 beef stock cubes
100g brown lentils
400g can black beans, drained
400g can kidney beans, drained
1-2 tsp light brown soft sugar (optional)
For the tortilla croutons (optional, or use shop-bought tortilla chips)
4 corn tortilla wraps
vegetable oil, for frying
To serve
100g feta, crumbled
50g soured cream or natural yogurt
small bunch of coriander, leaves picked
1 avocado, stoned, peeled, halved and sliced
1 large red chilli, thinly sliced
1 lime, cut into wedges

1 Heat half the oil in a large flameproof casserole over a medium-high heat. Tip in enough beef to cover the base of the pan in a single layer, being careful not to overcrowd the pan. Brown the beef on each side, turning until it has a deep brown crust all over – this will give the stew a deep, beefy flavour. Remove to a plate using a slotted spoon and continue cooking until all the beef is browned. Set aside.
2 Heat the remaining oil in the same pan, then tip in the onions, reduce the heat to low-medium and sizzle for 8-10 mins until soft, stirring and scraping the base of the pan to lift any browned bits.
3 Add the garlic, cumin, coriander, paprika, cinnamon and tomato purée. Stir for 1-2 mins until the spices are sizzling and aromatic, then tip in the chopped tomatoes and chipotle paste, if using, and crumble in the stock cubes. Return the beef to the pan with any resting juices, pour in 1.2 litres water, season and bring to a simmer.
4 Once bubbling, reduce the heat to low, cover with a lid and simmer for 1 hr 45 mins, stirring occasionally. Meanwhile, tip the lentils into a bowl, cover with cold water and leave to soak. Drain, then add to the stew, cover again and continue to cook for 45 mins more, or until the beef and lentils are tender.
5 Tip in all the beans, return to a simmer and bubble for 5 mins until the beans are warmed through. If your stew if soupy and you prefer it thicker, boil, uncovered, for a few minutes more until reduced to your liking. Taste for seasoning and add more salt or chipotle paste, if you like; it may also need some sugar depending on the tomatoes you've used (add up to 2 tsp). *Will keep chilled for two days or frozen for two months. Leave to cool completely first.*
6 If making the tortilla croutons, cut the wraps into small triangles and heat enough oil to cover the base of a deep frying pan. Fry over a medium heat for 2-3 mins, tossing in the pan until crisp. Or, simply crumble tortilla chips to make a quick, crunchy topping.
7 Serve the stew in bowls topped with your choice of feta, soured cream or yogurt, coriander, avocado and sliced chilli, lime wedges on the side for squeezing over and the tortilla croutons. Grind over some black pepper, if you like, before serving.

GOOD TO KNOW fibre • vit c • iron • 3 of 5-a-day
PER SERVING 524 kcals • fat 25g • saturates 8g • carbs 35g • sugars 8g • fibre 14g • protein 33g • salt 1.4g



MORE WAYS TO SERVE

This is such a versatile freezer filler – keep the sauce quite loose if making ahead, then reduce when you reheat it for a thicker stew. Here's how to use the leftovers:

● BEEF CHILLI BURRITOS
*Fill a wrap with **spiced rice** (available in pouches), leftover stew, **smashed avocado** and **chilli sauce**, if you like heat. This makes for a quick and easy burrito.*

● EASY BEEF NACHOS
*Spoon leftover stew over a baking tray of **tortilla chips**, top with **grated cheddar** and bake until hot and bubbling, then scatter with **sliced jalapeños** and **coriander**.*

● BEEF CHILLI JACKET TOPPER
*Bake **sweet potatoes** in the oven until fluffy inside, then split open and fill with the stew. Top with **soured cream**.*



Sausage & greens cannelloni

Here's a clever way to stretch a pack of sausages and feed the whole family. The meaty ragu sauce is bulked out with nutrient-dense greens – we've used cavolo nero as it retains a nice bite when cooked, but kale, spinach or chard would all make good substitutes. It's sure to become a family favourite.

SERVES 4-6 **PREP** 30 mins
COOK 1 hr 45 mins **MORE EFFORT** ❄ ◘

1 tbsp olive oil
2 red onions, halved and sliced
6 pork sausages
3 garlic cloves, crushed
small bunch of thyme, leaves picked
pinch of chilli flakes
1 tbsp tomato purée
400g can plum tomatoes
200g cavolo nero
75g butter
75g plain flour
850ml milk
nutmeg, for grating
50g parmesan, grated
12 lasagne sheets
green salad, to serve

1 Heat the oil in a large flameproof casserole over a medium heat and cook the onions for 8-10 mins until softened and starting to caramelise. Meanwhile, squeeze the sausagemeat from the skins.
2 Push the onions to one side of the casserole, then add the sausagemeat to the other. Squash it into smaller pieces using a wooden spoon, stirring occasionally for 10-12 mins until cooked and starting to brown in places. Mix the onions back in, then add the garlic, thyme, chilli flakes and tomato purée. Cook for another 1-2 mins. Tip in the plum tomatoes, crushing them with the back of the spoon. Season and bubble for 15-20 mins until the tomatoes have broken down and the sauce has reduced to a thick ragu.
3 Put the kettle on to boil. If using cavolo nero, remove and discard the tough stalks and roughly chop the leaves. For softer veg like spinach or chard, you can leave the stalks on. Put in a colander set over the sink and pour over a kettle of just-boiled water, then rinse the leaves under cold running water until cool enough to handle. Squeeze out as much water as you can, transfer to a board and finely chop. Stir the greens into the sausage ragu, cook for 1-2 mins until any excess liquid has evaporated (the mixture should be quite dry), remove from the heat and leave to cool a little.
4 Melt the butter in a separate saucepan over a medium heat. When sizzling, stir in the flour to make a sandy paste. Whisk in the milk, a splash at a time, until completely incorporated. When the sauce is smooth and the consistency of custard, season well, grate in a good amount of nutmeg and stir in half the parmesan. Remove from the heat and set aside.
5 Drop the lasagne sheets into a large pan of boiling salted water one at a time to prevent them sticking together, then cook for 5-6 mins, stirring until soft enough to roll up but not fully cooked through. Drain and plunge into a bowl of cold water to stop the cooking process.
6 If the béchamel sauce has thickened as it's cooled down, stir in a splash more milk. Spoon a third of the sauce over the base of a baking dish roughly 25 x 35cm. Lift a sheet of lasagne out of the bowl of cold water and lay on a board with one of the short ends facing you. Spoon a generous tbsp of the sausage ragu over one end, then roll it up to enclose the filling, making a short cannelloni – there will be a little overlapping pasta. Place it in the baking dish, then continue with the remaining ragu and lasagne sheets, arranging them in the baking dish in two rows of six cannelloni. Spoon any remaining ragu over the top, then pour over the béchamel sauce to cover all the cannelloni rolls. Sprinkle with the remaining parmesan. *Will keep covered and chilled for up to two days or frozen for up to two months. Leave to cool completely first. Defrost thoroughly in the fridge overnight before cooking.* Heat the oven to 200C/180C fan/gas 6, then bake the cannelloni for 40 mins until bubbling at the edges and golden brown on top. Grind over some black pepper, if you like, and serve with a crisp green salad.

GOOD TO KNOW calcium • fibre • vit c • 2 of 5-a-day
PER SERVING 564 kcals • fat 31g • saturates 15g • carbs 48g • sugars 13g • fibre 6g • protein 21g • salt 1.2g

MAKE IT VEGGIE

Mushroom & winter greens cannelloni
Swap the sausages for ***300g chopped chestnut mushrooms*** *in step 2 and use a* ***vegetarian Italian-style hard cheese*** *instead of the parmesan in steps 4 and 6.*

ADD SOME HEAT

Use chorizo-style cooking sausages (the raw variety) in place of regular pork sausages to add spicy heat to this dish.





Harissa roasted squash & feta pie

This twist on a cheese and onion pie uses lighter filo pastry and a spiced mix of sticky harissa-roasted vegetables with creamy feta cheese. It can be served hot from the oven, or slice and serve at room temperature. Omit the feta for a vegan-friendly pie.



SERVES 6 **PREP** 30 mins
COOK 1 hr 20 mins **EASY** V

1 butternut squash, peeled and chopped into chunks
2 red onions, chopped into wedges
4 tbsp olive oil
1 tsp cumin seeds
3 tbsp harissa
100g feta
4 sheets of filo pastry (about 150g)
For the sauce
4 tbsp tahini
½ lemon, juiced

1 Heat the oven to 200C/180C fan/gas 6. Tip the squash and onions into a large roasting tin with 1 tbsp olive oil, most of the cumin seeds, 2 tbsp harissa and some seasoning. Roast for 35-40 mins, tossing once or twice until the veg is soft and charred in spots. Leave to cool slightly, then roughly mash together using a potato masher – you want to retain some chunks of squash. Stir through the feta and season with salt, if needed. *The veg can be roasted a day ahead and kept chilled.*
2 To assemble, unravel the filo pastry. Brush one sheet liberally with some of the remaining oil, and keep the rest covered with a damp tea towel to stop it drying out. Drape the oiled sheet, oiled-side down, into a 22cm loose-bottomed cake tin so that some of the pastry hangs over the side. Repeat with another sheet of pastry, turning it by about 45 degrees over the first sheet in the tin, then again with the last two pastry sheets.
3 Spoon in the filling, then pull the overhanging pastry up and towards the centre, scrunching it to enclose the filling. Scatter with the remaining cumin seeds and brush with a little more oil.
4 Reduce the oven temperature to 190C/170C fan/gas 5. Bake the pie for 30 mins until the pastry is crisp and golden brown. Meanwhile, mix the tahini with the remaining harissa, the lemon juice and 4 tbsp water, then season to taste. Remove the pie to a serving plate, slice into wedges and serve with sauce for drizzling over. Or, cool to room temperature first.

GOOD TO KNOW **calcium • fibre • vit c • 2 of 5-a-day**
PER SERVING **319 kcals • fat 18g • saturates 4g • carbs 28g • sugars 9g • fibre 6g • protein 9g • salt 0.8g**

MAKE IT YOUR OWN

You can use this pie-making technique and the filling as a blueprint, adding other vegetables or replacing the squash with your favourite veg. Sweet or regular potatoes, cauliflower florets, peppers or aubergines would all work well.

● INDIVIDUAL PIES

If you like, make this recipe into eight smaller parcels instead. Split each sheet of filo in half, divide the filling between the sheets, brush with oil and scrunch the sides over the filling. Lift onto a baking tray, scatter with cumin seeds and bake as stated in step three.


gf
EID SPECIAL

Charred chilli salmon with cabbage salad

For when you want a meal that's filling and also feels a bit special, try this. You could use individual fillets instead of the whole fish, but the cooking time should be adjusted according to pack instructions. The gently spiced marinade works well for fresh mackerel, too.

SERVES 4 **PREP** 30 mins plus at least 1 hr marinating **COOK** 30 mins **EASY**

5-600g whole piece of salmon
1 tsp sunflower oil
cooked basmati rice, to serve (optional)

For the marinade

thumb-sized piece of ginger, peeled and grated
3 garlic cloves, grated
½ green chilli, finely chopped
½ lemon, juiced
1 tsp each garam marsala, ground turmeric, ground cumin and chilli powder
1 tsp tomato purée
2 tbsp natural yogurt

For the salad

400g white cabbage, sliced
1 red onion, finely sliced
1 green chilli, finely sliced
½ lemon, juiced, plus a few slices to serve
½ cucumber, peeled, halved, deseeded and sliced
handful of coriander, leaves picked and roughly chopped

1 First, make the marinade. Mix all the ingredients in a bowl with a pinch of salt. Lay the salmon, skin-side down, in a large container, then pour on the marinade and turn the fish to fully coat it. Cover and chill for at least 1 hr, or up to 12 hrs.

2 Heat the oven to 240C/220C fan/gas 9, or as high as it will go. Line the base of a sturdy, shallow roasting tin with baking parchment, then drizzle over the oil. Lay the marinated salmon skin-side down on the parchment and roast for 25-30 mins until the outside is lightly charred and the inside is just cooked. Meanwhile, for the salad, tip the cabbage, red onion and chilli into a bowl, sprinkle with sea salt and scrunch the veg with your hands to work in the salt. Stir in the lemon juice and set aside while the salmon is roasting.

3 Just before serving, stir the cucumber slices and coriander into the cabbage salad. Bring the whole salmon to the table with a few lemon slices on top to serve, then carve and plate up with the salad and rice on the side, if you like.

GOOD TO KNOW healthy • folate • vit c • omega-3 • 2 of 5-a-day • gluten free
PER SERVING 382 kcals • fat 21g • saturates 4g • carbs 11g • sugars 10g • fibre 5g • protein 36g • salt 0.3g



BRUNCH IDEA

Easy salmon kedgeree

Use leftover salmon and rice in a kedgeree a day or two later. Reheat the fridge-cold rice in a frying pan until piping hot with ***a sprinkle each of ground turmeric*** *and* ***garam marsala****, then flake in any leftover salmon and* ***a handful of frozen peas****, if you like. Cook until the peas have defrosted and everything is piping hot, then serve with* ***soft-boiled or poached eggs*** *and cooked rice.*



Cauliflower katsu curry

While not a traditional katsu curry, cauliflower steaks make this Japanese-inspired dish vegetarian. Plus, brining the cauli in lime, garlic and coconut (up to two hours ahead of cooking), creates various levels of vibrant flavour. A sweet, punchy, spicy curry sauce is ideal for warming you up and livening the senses on a cold, dark evening.

SERVES 4-6 **PREP** 45 mins
COOK 40 mins **MORE EFFORT** V

400ml coconut milk
2 limes, juiced, plus lime wedges to serve
2 garlic cloves, finely chopped
2 medium cauliflower
200g plain flour
200g panko breadcrumbs
coconut oil for drizzling
400g cooked brown basmati rice, to serve
coriander leaves, to serve (optional)

For the pickled salad
2 carrots, peeled into ribbons using a vegetable peeler
400g can chickpeas, rinsed and drained
½ tsp cumin seeds
100ml cider vinegar
2 tbsp caster sugar

For the curry sauce
1 tbsp coconut oil
2 onions, roughly chopped
2 carrots, roughly chopped
2 celery sticks, roughly chopped
3 garlic cloves, finely chopped
25g ginger, peeled and finely chopped
2 tbsp mild or medium curry powder
1 tsp ground turmeric
400ml coconut milk
1 lime, juiced

1 Start by making the pickled salad. Tip all the ingredients into a pan with 1 tbsp sea salt and bring to the boil over a medium heat. Remove from the heat, tip into a bowl and cover until needed.

2 Combine the coconut milk, lime juice, garlic and 2 tsp salt in a wide, deep dish to make a brine. Cut two 2.5cm steaks from the middle of each cauliflower, slicing through the central stalk so they hold together. Place the steaks and any large florets into the brine, rubbing it in so they're well-coated. Cover and leave at room temperature until needed. *The steaks can be put in the brine up to 2 hrs ahead.*

3 Heat the oven to 220C/ 200C fan/ gas 7. Sprinkle the flour onto a plate and the breadcrumbs onto another. Shake off any excess brine from the cauliflower steaks, place in the flour and turn to coat evenly. Return the steaks to the brine, then turn to coat in the breadcrumbs. Arrange on a baking tray lined with baking parchment and drizzle with a little coconut oil. Bake for 35-40 mins until browned, turning over halfway through the cooking time.

4 Meanwhile, make the sauce. Heat the oil in a large saucepan over a medium heat and fry the onions, carrots and celery for 8-10 mins until softened. Boil the kettle, then add the garlic, ginger, curry powder and turmeric to the fried veg and stir for 1 min. Pour in the coconut milk, lime juice and 100ml hot water from the kettle. Season, reduce the heat to low and simmer for 20 mins.

5 Blitz the sauce until smooth using a hand blender, or a jug blender. If it's too thick, add a little more water. Season and keep warm. Drain the salad, discarding the pickling liquid.

6 Divide the rice between plates, then top with the curry sauce and katsu cauliflower. Serve with the pickled salad, lime wedges for squeezing over, plus a sprinkling of coriander and a grinding of black pepper, if you like.

GOOD TO KNOW vegan • folate • fibre • vit c • iron • 3 of 5-a-day
PER SERVING 672 kcals • fat 27g • saturates 20g • carbs 83g • sugars 17g • fibre 13g • protein 17g • salt 3g



USING UP THE PICKLE

Don't let any leftover pickle go to waste. Try these ideas instead:

- *Pile high in a sourdough pastrami sandwich along with grated mature cheddar.*
- *Make the ultimate cheeseboard by serving the pickle in a little pot alongside charcuterie, seeded crackers and any cheese you have in the fridge.*
- *Serve ramen with a spoonful of the pickle along with a dash of soy sauce, a sprinkling of sesame seeds and shredded spring onions for added kick.*

Shoot director BEN CURTIS AND SARAH SNELLING | Food stylist LIBBY SILBERMANN | Stylist MAX ROBINSON



1 INGREDIENT – 3 WAYS

EXCELLENT EGGS

photographs LOUISE HAGGER

Discover new ways to use this versatile ingredient with **Melissa Thompson**, including a twist on the classic scotch egg, plus another picnic staple, quiche

Eggs are in a class of their own: they can complete a meal, perform magic by binding other ingredients together and even provide sustenance all on their own.

I love scotch eggs, and my arancini-inspired version is a brilliant way to use up any leftover risotto.

Egg and prawn mayonnaise is a dish that was introduced to me by an Icelandic student who stayed in our family home when I was little. It sounds simple – and it is – but it's also delicious, and makes a lovely breakfast or lunch when you need something quick and filling.

My quiche recipe celebrates asparagus season – I use crème fraîche to give it a nice tartness, which pairs well with the salty feta.



Melissa is one of our regular columnists as well as running recipe project Fowl Mouths, through which she innovates in the kitchen and helps to drive change in the food industry. She's a vocal advocate for the promotion of black and minority ethnic people in this field, and in 2021 earned the prestigious Food Writing Award by the Guild of Food Writers. @fowlmouthsfood



Arancini scotch eggs

Arancini scotch eggs

MAKES 4 **PREP** 35 mins plus at least 2 hrs chilling and cooling **COOK** 40 mins **MORE EFFORT**

1 tbsp sunflower oil, plus extra for deep-frying
1 onion, finely chopped
50g pancetta or smoked streaky bacon, finely chopped
2 garlic cloves, crushed
200g arborio rice
100ml white wine
600ml hot chicken or vegetable stock
50g parmesan, grated
15g cold salted butter
1 tsp cream of tartar (optional)
4 fridge-cold eggs, plus 1 beaten egg
1 tsp milk
100g panko breadcrumbs
50g plain flour
dressed salad, to serve (optional)

1 Heat 1 tbsp oil in a wide pan over a medium heat and fry the onion for 5 mins until starting to soften, stirring every now and then. Add the pancetta or bacon and the garlic, and continue to cook until the onions are soft and translucent, about 8 mins. Don't let them colour.
2 Tip in the rice and stir to coat in the oil. Pour in the wine and cook until it has been absorbed by the rice, about 3-5 mins. Tip the stock into a pan and set over a low-medium heat to keep warm. Add a ladleful of the stock to the rice mixture at a time, allowing it to be absorbed before adding more. Stir regularly for 15-20 mins. When all of the stock has been incorporated, stir in the cheese and cold butter until these have melted into the rice.
3 Transfer the risotto to a large container and leave to cool, then seal and chill for at least 2 hrs. *Will keep for up to two days*. Meanwhile, bring a medium pan of water to the boil and add the cream of tartar, if using – this will help soften the eggshells. Carefully lower the eggs into the pan using a slotted spoon and cook for 7 mins for a just-set yolk. Immediately plunge into a bowl of iced water using a slotted spoon, then leave to stand for 20 mins until cool enough to handle, then carefully peel the eggs.
4 Beat the milk into the beaten egg and tip this into a bowl, then tip the panko and flour into two separate bowls. Dampen your hands, then flatten a satsuma-sized handful of the chilled risotto into a disc in your palm. Place an egg in the middle, then wrap the risotto around the egg to enclose it, making sure there are no gaps. Roll the egg in the flour, then the beaten egg, then the panko. Set aside on a plate and repeat with the remaining eggs and risotto. *Will keep chilled for up to 24 hrs*.
5 Fill a deep saucepan no more than a third full with oil and heat to 180C, or until a few breadcrumbs dropped in sizzle almost immediately and continue to do so for 20 seconds without burning. Alternatively, set a deep-fat fryer to 180C. Carefully lower in the scotch eggs and fry for 5 mins until golden brown. Remove to a wire rack to drain, then slice in half and serve hot with a dressed salad on the side, if you like. *Will keep chilled for up to 24 hrs. Leave to cool completely first.*

PER SERVING 661 kcals • fat 26g • saturates 8g • carbs 72g • sugars 4g • fibre 3g • protein 28g • salt 2.1g

gf tip
It's always helpful to make as much in advance as you can. You can boil the eggs, make the risotto and even assemble the scotch eggs a day ahead.

Asparagus, feta & dill quiche

SERVES 8 **PREP** 30 mins plus chilling and cooling **COOK** 1 hr 5 mins **EASY** **V**

½ tbsp vegetable oil
1 onion, finely chopped
2 garlic cloves, crushed
500g asparagus (about two bunches), woody stalks removed
100ml double cream
300ml crème fraîche
1 tbsp natural yogurt
3 eggs
¼ tsp white pepper
¼ tsp smoked paprika
small handful of dill
200g feta, cut into 1cm cubes
For the pastry
250g plain flour, plus extra for dusting
50g vegetarian Italian-style hard cheese, grated
130g cold salted butter, cut into cubes

1 Heat the oil in a pan over a medium heat and fry the onion for 5 mins. Add the garlic and cook for 5 mins more until the onion is soft but not golden. Remove from the heat and leave to cool.
2 Bring a large pan of salted water to the boil and cook the asparagus for 3 mins. Drain, then plunge into a bowl of cold water to stop the cooking process. Drain again. Set eight spears aside, then chop the rest into 3cm lengths.
3 For the pastry, combine the flour and cheese in a bowl, then rub in the butter using your fingers until the mixture resembles breadcrumbs. Add 1 tbsp cold water at a time until the mixture comes together into a dough – you may need 3-6 tbsp water. Wrap and chill in the freezer for 5 mins to firm up slightly.
4 Roll the pastry out on a lightly floured surface until it's large enough to line a deep 23cm flan tin with a slight overlap. Using the rolling pin to help you, unravel the pastry over the tin and gently push the pastry into the edge. Trim the overhanging pastry so it comes up 2cm past the rim of the tin. Gently prick the pastry base all over using a fork, then return to the freezer to chill for 15 mins. Heat the oven to 200C/180C fan/gas 6.
5 Scrunch up a square of baking parchment, then use it to line the chilled pastry case. Fill with baking beans and bake for 15 mins. Remove the baking beans and parchment and bake for 5 mins more. Leave to cool. Meanwhile, combine the cream, crème fraîche, yogurt and eggs in a bowl, but don't stir too hard – avoid creating bubbles. Stir in the fried onion mixture, the pepper and paprika, then fold in the dill, most of the feta and the cooked asparagus.
6 Put the pastry case on a baking tray. Pour in the filling, ensuring the feta and chopped asparagus are evenly distributed, then add the whole asparagus spears and remaining feta.
7 Put in the oven and immediately reduce the temperature to 180C/160C fan/gas 4. Bake for 35-40 mins until set with a slight wobble in the middle. Leave to cool before slicing.

GOOD TO KNOW calcium • folate • 1 of 5-a-day
PER SERVING 592 kcals • fat 46g • saturates 28g • carbs 28g • sugars 4g • fibre 3g • protein 16g • salt 1.1g



Prawn & egg on toast

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY**

3 eggs
250g peeled and cooked prawns (defrosted if frozen)
3 tbsp mayonnaise
1 lemon, juiced
4 thick slices white bread
butter, to serve
small bunch of chives, finely sliced, to serve

1 Bring a medium pan of water to the boil, then carefully lower in the eggs and cook for 9 mins. Remove to a bowl of iced water using a slotted spoon and leave to stand for 10 mins until cold. Peel, then finely chop.
2 Tip the chopped egg into a bowl along with the prawns. Stir in the mayonnaise and lemon juice, then season with salt and pepper.
3 Toast the bread, then butter it. Spoon over the prawn and egg mayonnaise, then sprinkle with some chives and serve.

PER SERVING 252 kcals • fat 14g • saturates 2g • carbs 13g • sugars 1g • fibre 1g • protein 19g • salt 1.4g

Shoot director SARAH SNELLING | Food stylist LIBBY SILBERMANN | SOPHIE DENMEAD
Stylist ALEXANDER BREEZE | Photo assistant and retouching SOPHIE BRONZE

SEASONAL

GREEN SHOOTS

Explore this month's bounty with vibrant recipes from **Esther Clark**

photographs CLARE WINFIELD

The days are warmer and with it, the vegetables fresher. Stars of the show are radishes, new potatoes and asparagus, especially as little needs doing to enhance their flavours and interesting textures.

Radishes have a refreshing crunch and peppery taste, which means they team well with creamy, dairy-based foods like butter, yogurt and cheese. In the recipe, we've paired them with a feta and Greek yogurt dip, which is topped with herbs and oil – raw radishes are perfect for dunking. Make the most of your homegrown crop throughout the year by pickling them – they're delicious piled into tacos or tossed through salads.

Small new potatoes are especially good boiled and tossed in salads, or served warm with salsa verde. They're also a great base for traditional potato salad with soured cream, mustard, mayonnaise and spring onions. Their firm, robust texture means they can also work well in curries, like the riff on a Thai yellow curry. They're a fantastic vehicle for soaking up all the spicy, aromatic flavours from the sauce.

The king of British springtime produce, of course, will always be asparagus. Look out for bunches of thicker English asparagus at this time of year. It's a vegetable that can be eaten simply, tossed in butter or dunked in vinaigrette. The acidy of vinaigrette works particularly well with the sweetness of tender asparagus spears, which is why they taste so good in the niçoise salad. This showstopping revamp of the classic salad is the ideal way to show off some of the nation's best spring produce. Serve it for a special lunch or weekend gathering with friends and family.



Seared tuna & asparagus niçoise

Source your tuna from a good-quality fishmonger. It should be sashimi-grade, which means it can be safely eaten raw.

SERVES 4 **PREP** 20 mins
COOK 25 mins **MORE EFFORT**

300g small new potatoes, halved
250g asparagus
3 eggs
1 tbsp olive oil
200g thick-cut sashimi-grade tuna loin, or 2 tuna steaks
3 large tomatoes, quartered
50g pitted Kalamata olives, halved
10 caper berries
For the dressing
5 anchovy fillets
½ small garlic clove, crushed
70ml extra virgin olive oil
½ lemon, juiced

1 Cook the potatoes in a pan of boiling salted water for 12 mins, or until a cutlery knife can be easily inserted. Transfer to a bowl using a slotted spoon and leave to steam-dry. Add the asparagus to the pan and boil for 2 mins, then put in a bowl of ice-cold water and set aside.
2 Bring another pan of water to the boil over a medium-high heat and cook the eggs for 7½ mins. Drain, then add the eggs to the bowl of water with the asparagus.
3 For the dressing, bash the anchovies and garlic together using a pestle and mortar until you have a very smooth paste. Tip this into a bowl, then whisk in the extra virgin olive oil and lemon juice. Season.
4 To sear the tuna, heat the olive oil in a large, non-stick frying pan over a medium-high heat and cook for 1-2 mins on each side, just until it has a slightly golden colour. Slice into thick pieces (it should still be pink in the middle), then peel and halve the eggs.
5 Toss the potatoes, asparagus, tomatoes, olives, caper berries and dressing together on a large serving platter. Top with the eggs and tuna slices, then season well and serve.

GOOD TO KNOW folate • vit c • 2 of 5-a-day • gluten free
PER SERVING 426 kcals • fat 29g • saturates 5g • carbs 15g • sugars 5g • fibre 4g • protein 25g • salt 1.6g

Radishes with herby whipped feta

Serve this creamy dip with carrots and cucumber sticks as well as radishes, if you like.

SERVES 4-6 **PREP** 10 mins
COOK 2 mins **EASY** V

130g feta, crumbled
150g thick Greek-style yogurt
½ lemon, zested
¼ bunch of dill
¼ bunch of basil
3 tbsp extra virgin olive oil, plus extra for drizzling
1 tsp coriander seeds
1 tsp za'atar or chilli flakes
1 bunch of radishes (see tip)

1 Put the feta, yogurt, lemon zest, herbs and oil in a food processor or high-speed blender and pulse until the mixture is a creamy, smooth texture. Spoon into a shallow serving bowl and set aside.
2 Gently toast the coriander seeds in a dry frying pan over a low-medium heat for a few minutes until fragrant. Scatter the seeds over the dip, along with the za'atar or chilli flakes. Drizzle over a little olive oil and serve with the radishes for dunking.

GOOD TO KNOW gluten free
PER SERVING (6) 147 kcals • fat 13g • saturates 6g • carbs 2g • sugars 2g • fibre 1g • protein 5g • salt 0.6g

gf tip
Thoroughly wash and scrub the radishes before serving – they can hide a good amount of dirt and grit.





Golden new potato & pea curry

Adapt this curry to your liking – for example, omit half the potatoes and add raw king prawns or large chunks of monkfish for a few minutes at the end of the cooking time until cooked through.

SERVES 6 **PREP** 20 mins
COOK 35 mins **EASY** V

3 banana shallots, peeled and chopped
5 large garlic cloves, chopped
4 Thai red chillies
5cm piece of galangal, peeled and chopped, or 1 tbsp galangal paste
5cm piece of ginger, peeled and finely chopped
1 lemongrass stalk, outer leaves removed and end trimmed
2 tsp medium curry powder
2 tsp ground turmeric
½ tsp ground cumin
2 tbsp coriander seeds
900g new potatoes, halved
2 tbsp rapeseed or vegetable oil
2 tbsp fish sauce (optional)
2 x 400g cans full-fat coconut milk
3 lime leaves
200g fresh peas
2-3 limes, juiced
sticky jasmine rice, to serve

1 Tip the shallots, garlic, half the chillies, the galangal, ginger, lemongrass and spices into a food processor with 50ml water and blitz to a smooth paste. Cook the new potatoes in a pan of boiling salted water for 5 mins until just softened, then drain.
2 Heat the oil in a large saucepan over a medium heat, then tip in the paste and fry for 10 mins, stirring regularly with a wooden spoon. Add the potatoes, fish sauce (if using), coconut milk and lime leaves. Halve the remaining chillies and add these along with 100ml water. Bring the mixture to a simmer, cover with a lid and cook for 15 mins, or until the potatoes are tender but still holding their shape. Add the peas and cook for another 5 mins.
3 Season to taste with salt, pepper and the lime juice, then serve the curry over a bowl of sticky rice.

GOOD TO KNOW vegan • fibre • vit c • gluten free
PER SERVING 420 kcals • fat 28g • saturates 20g • carbs 31g • sugars 6g • fibre 7g • protein 8g • salt 0.04g

gf tip
If your new potatoes are on the larger side, quarter them to ensure they cook evenly.

Shoot director EMMA WINCHESTER | Food stylist ESTHER CLARK
Stylist MAX ROBINSON

NEXT LEVEL

Sticky toffee pudding

recipe BARNEY DESMAZERY *photograph* YUKI SUGIURA

SERVES 10-12 **PREP** 35 mins plus soaking **COOK** 45 mins **MORE EFFORT** V

WHY

Few bakes are as inviting as sticky toffee pudding, but too often you find versions that don't deliver on that promise. The clues to getting it right are in the name, so to make sure our recipe delivers on expectations, we've baked some of the sauce into the sponge. Often, people make the error of overdoing sweetness in place of toffee flavour, but we've made a treacle-based mix that adds depth. Part of the charm of this pud is its richness, of course, but it shouldn't be heavy either. Our method ensures the lightest possible sponge with a bit of bite from nuts and chewy dates.

WHAT TO BUY

200g butter, softened, plus extra for the tin
300g stoned dates (prepared weight)
1 tsp bicarbonate of soda
1 tsp vanilla extract
100ml dark rum (optional)
100g pecans, broken into large chunks or roughly chopped
225 light muscovado sugar
4 eggs
225g self-raising flour
1 tsp mixed spice
1 tsp ground ginger
vanilla ice cream, double cream or clotted cream, to serve

For the sauce

150g light muscovado sugar
50g butter
1 tbsp treacle
200ml double cream

AIRY SPONGE
Rather than opt for an easy all-in-one pudding mixture that relies on baking powder, we've gone the extra step of making a properly beaten then folded batter that bakes into the lightest pudding possible.

HELLO TREACLE
A drizzle of treacle, plus cooking the sugar and butter with it before adding the cream, gives the sauce a deeper toffee flavour compared to just boiling cream and sugar together.

STICKY BY NAME
Rather than just add sauce at the end, we've drenched the sponge in it for the final 10 minutes of baking. This makes the pudding very sticky and much nicer to eat cold the next day, with or even without extra sauce on top.

ONE SUGAR
Other recipes might have you buying up to three types of sugar, but we've found that light muscovado alone provides all you need in terms of sweetness and flavour.



A DASH OF RUM
We've spiked the date soaking liquid with rum and vanilla extract, which both work well with dark sugar and add more flavour to the finished pud. The rum is totally optional and easily omitted if you're not a fan.

PERFECT WITH PECANS
Sticky toffee pudding can be a study in 'soft', so to give it some extra texture, we've folded through some toasted pecans alongside chunky dates.

GINGER SPICE
With a recipe this sweet, it's good to add another level of background flavour. We've chosen a subtle hint of cloves and cinnamon through the addition of mixed spice, and boosted the warmth with some ground ginger.

DOUBLE DATES
For this pud, dates are usually either chopped or hidden in the mixture as a purée. Here, we've upped the amount and brought both techniques into play. This way, they add texture as well as flavour.

SALTED CARAMEL
Salt enhances sweet flavours as well as savoury, which is why it works so well with toffee and caramel. Here, we've added a generous pinch to both the pudding and sauce. You could even sprinkle a pinch of crunchy sea salt flakes over the pudding to serve if you love salted caramel.

Shoot director CLOE-ROSE MANN | Food stylist ESTHER CLARK | Stylist MAX ROBINSON

HOW TO MAKE IT

1 Butter a medium rectangular baking tin (roughly 30 x 20cm, and at least 5cm deep) and line with baking parchment. Tip the dates into a heatproof bowl with the bicarb and vanilla, then pour over the rum, if using, and 200ml kettle-hot water. (If omitting the rum, use 300ml water.) Leave to soak for 30 mins. Meanwhile, toast the pecans in a dry pan over a medium heat for 6-8 mins until nutty and starting to brown a little. Remove from the heat and set aside.

2 Heat the oven to 190C/170C fan/gas 5. Tip the dates and their soaking liquid into a food processor and pulse until roughly chopped. Tip half back into the bowl, then blitz the rest to a smooth purée. Pour this over the roughly chopped dates in the bowl.

3 Tip the butter and sugar into a bowl and beat using an electric whisk or for 3-5 mins until fluffy. Or, do this in a stand mixer. Beat in the eggs, one at a time, then fold through the flour, spices and a large pinch of salt. The batter will be thick. Fold through the date mixture and pecans, then scrape everything into the prepared tin. Level the surface with a spatula and bake for 30-35 mins until just set and a skewer inserted into the middle comes out clean.

4 While the pudding bakes, make the sauce. Tip the sugar, butter and treacle into a saucepan and warm over a medium heat, stirring continuously until the sugar has dissolved and the butter has melted. Bubble for 3 mins until the mixture is thick. Stir in the cream and simmer, stirring, for 2 mins until you have a dark toffee sauce. About 10 mins before the end of the pudding cooking time, remove it from the oven, drizzle half the sauce over and spread out with a spatula to cover. Bake for 6-8 mins more until the sauce is bubbling. Leave to cool slightly, then serve hot or just warm with ice cream, double cream or clotted cream, with the remaining sauce poured over.

PER SERVING (12) 592 kcals • fat 34g • saturates 18g • carbs 64g • sugars 49g • fibre 3g • protein 6g • salt 0.9g

CAKE TIN

A TREAT FOR LATER

gf EID SPECIAL

Our recipe developer **Liberty Mendez** shares a cake that can be frozen for another time, like a coffee morning with friends

recipe LIBERTY MENDEZ ***photograph*** MIKE ENGLISH

Date & walnut loaf

The weekend is the perfect time to bake this rich nutty loaf to enjoy in the coming week. You can freeze it for another day, maybe when you're having guests over. It's also perfect to freeze in slices and defrost when you want a small pick-me-up.

SERVES 8 **PREP** 20 mins plus 20 mins soaking and cooling
COOK 1 hr 10 mins **EASY** V ❄

125g unsalted butter, cubed and softened, plus extra for the tin
200g soft dates, pitted and roughly chopped
½ tsp bicarbonate of soda
150g light muscovado sugar
2 eggs
1 tsp baking powder
225g self-raising flour
100g walnuts, roughly chopped
1 tbsp icing sugar

1 Heat the oven to 180C/160C fan/gas 4. Butter a 2lb loaf tin (ours was 22 x 10cm and 6cm deep) and line with baking parchment. Put the butter, dates and bicarbonate of soda (which helps break down the dates) in a large bowl and add 150ml boiling water. Give it a stir so the butter melts, and leave to stand for around 20 mins until the dates have softened.

2 Whisk in the sugar until smooth, then gradually whisk in the eggs until combined. Beat in the baking powder, flour and a pinch of sea salt until there are no lumps of flour left and it's smooth. Fold in three-quarters of the walnuts, then pour into the prepared tin. Sprinkle the remaining walnuts over the top.

3 Bake for 20 mins, then turn the oven down to 170C/150C fan/gas 3 and cook for another 45-50 mins until golden brown and a skewer inserted into the centre comes out clean. Leave the cake to cool in the tin for 15 mins, then transfer to a cooling rack to cool completely. Lightly dust with the icing sugar and serve in slices. *Freeze whole, or cut into slices, then place in an airtight container or divide between reusable freezer bags. Can be frozen for up to three months. Defrost thoroughly overnight.*

PER SERVING **479 kcals • fat 23g • saturates 10g • carbs 59g • sugars 37g • fibre 3g • protein 8g • salt 0.6g**

Shoot director EMMA WINCHESTER | Food stylist ESTHER CLARK | Stylist FAYE WEARS



Santè Ria

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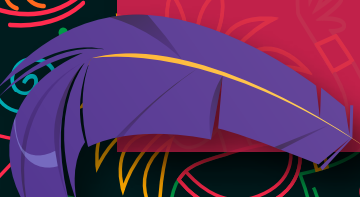
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family

new favourites

We all have our go-to dishes, but the kids will appreciate a change to the routine, so food writer **Claire Thomson** offers new spins on family classics

photographs WILL HEAP



Claire Thomson is a professional chef and food writer. She has written for various publications and has appeared on BBC One's *Saturday Kitchen* and BBC Radio 4's *Woman's Hour*. Claire is the author of seven cookery books. Her new book, *Tomato* (Quadrille), is out next month. @5oclockapron



Love pizza? Try this:

Flamiche

Here's a northern French dish that's halfway between a pizza and a quiche. Crème fraîche mixed with cheese and eggs makes an excellent topping together with soft, buttery leeks.

SERVES 2-4 (4 as a light meal)
PREP 30 mins plus 1 hr proving
COOK 35 mins **EASY** V ❄

250g strong white bread flour, plus extra for dusting
5g salt
5g fast-action dried yeast
2 tbsp olive oil, for the bowl
20g butter
500g leeks, white and pale green part only, thinly sliced
2 eggs, beaten
150g crème fraîche or soured cream
80g comté, gruyère or cheddar (use cheddar for vegetarians), grated
1 large thyme or rosemary sprig, leaves picked
¼ whole nutmeg, grated
20g parmesan or vegetarian alternative, grated
salad, to serve (optional)

1 Mix the flour and salt together in a large bowl. Mix the yeast with 175ml warm water and leave for 5 mins to froth just a little, then add to the flour and mix vigorously with a metal spoon. Knead the dough as soon as it comes together on a lightly floured surface for around 5 mins until smooth. Alternatively, use a mixer fitted with a dough hook, working the dough for around 5 mins on medium speed, then adding the salt towards the end of the mixing time. Leave in a lightly oiled bowl covered with a clean, damp tea towel until nearly doubled in size, about 1 hr.

2 Meanwhile, heat the butter in a frying pan over a medium heat and cook the leaks until softened, about 8 mins. Don't let them colour. When soft, remove from the heat and leave to cool. Beat the eggs, crème fraîche, grated cheese, herbs and nutmeg together, and season well with plenty of pepper and some salt. Mix in the leeks.

3 Heat the oven to 220C/200C fan/gas 7. Line a 40 x 30cm baking tray with baking parchment. Lightly flour the work surface and roll the dough out to fit the baking sheet – it should be about 5mm thick. Make a small lip around the edge of the dough by folding the dough inward. Evenly spread the leek mixture over the dough, leaving a 1cm border. Sprinkle over the parmesan.

4 Cook the flamiche in the oven for around 25 mins until lightly golden on the top and the base is crisp. Remove from the oven, cut into squares and serve with salad, if you like.

GOOD TO KNOW folate • fibre • 1 of 5-a-day
PER SERVING (4) 637 kcals • fat 37g • saturates 20g • carbs 52g • sugars 4g • fibre 6g • protein 22g • salt 1.7g





Love burgers? Try this:
Mozzarella meatball subs

These meatballs make a winning alternative to a burger, filled with mozzarella to melt as they cook, all basted in a rich tomato sauce. Stuff in a baguette to eat – napkins at the ready.

SERVES 4 **PREP** 25 mins **COOK** 20 mins
EASY ❄ meatballs in tomato sauce only

600g beef mince
45g fresh breadcrumbs
½ lemon, zested and juiced
1 egg, beaten
6 garlic cloves, finely chopped
2 tsp fennel seeds, crushed
1 rosemary sprig or 4 sage leaves, finely chopped
125g mozzarella ball, cut into 12 pieces
4 tbsp olive oil
400g can passata or chopped tomatoes
1 large baguette
40g parmesan, grated



1 Mix the beef mince with the breadcrumbs, lemon zest, egg, half of the garlic, the fennel seeds, herbs, plenty of freshly ground black pepper and ½ tsp salt in a bowl. Knead well to combine, then roll into 12 evenly-sized balls (weighing around 60g each). Press your thumb deep into each ball to make a pocket, then fill each one with a piece of mozzarella and seal inside by rolling the meatball into shape again.

2 Fry the meatballs over a medium-high heat in half the olive oil for 5-10 mins, turning regularly until well-browned with a good crust. Meanwhile, heat the remaining olive oil in a saucepan over a medium heat and cook the remaining garlic for 2 mins until fragrant. Tip in the passata or tomatoes, season well and cook for 10 mins until thickened.

3 Add the meatballs to the sauce and gently simmer for 3-5 mins, basting the meatballs in the sauce. Remove from the heat, then leave to rest for 5 mins.

4 To serve, cut along the length of the baguette but not all the way through, then open it up and scoop in the meatballs and sauce. Sprinkle over the parmesan, press the baguette shut and cut into four pieces to serve.

GOOD TO KNOW calcium • iron • 1 of 5-a-day
PER SERVING 932 kcals • fat 50g • saturates 19g • carbs 64g • sugars 7g • fibre 5g • protein 54g • salt 2.6g



Love mac & cheese? Try this: Broccoli cheese with wholemeal pasta & brown breadcrumbs

Adding broccoli and using wholemeal pasta ramps up the flavour and nutrition in this dish. The brown breadcrumbs and extra cheese on top make for a pleasing, crunchy topping.

SERVES 4 **PREP** 10 mins
COOK 1 hr **EASY** V

300g short wholemeal pasta shapes
800g broccoli (about 3 heads), cut into large florets
2 tbsp olive oil
1.2 litres milk
1 bay leaf, scrunched up a little
60g butter
60g plain flour
200g cheddar, grated
1 tbsp Dijon mustard
¼ tsp freshly grated nutmeg
60g fresh brown breadcrumbs

1 Bring a large pan of salted water to the boil and cook the pasta until al dente – this will take a couple of minutes less than pack instructions. Halfway through the pasta cooking time, add the broccoli to the pan. Drain, then toss the pasta and broccoli in the oil to coat.

2 While the pasta and broccoli are cooking, bring the milk to a simmer with the bay leaf in a separate pan, then remove from the heat and set aside. Melt the butter in a saucepan over a medium heat, add the flour and whisk together. Reduce the heat to medium-low and cook for a couple of minutes, stirring often until combined and beginning to stick to the pan.

3 Whisk in the warm infused milk gradually, making sure there are no lumps, then reduce the heat to low and cook gently for 8-10 mins until the sauce is thickened and smooth. Remove from the heat and stir in three-quarters of the cheese, the mustard (you can add more, if you like), nutmeg, plenty of black pepper and some salt. Remove the bay leaf. Heat the oven to 180C/160C fan/gas 4.

4 Tip the cooked pasta and broccoli into a large baking dish (ours measured 30 x 22cm) and pour over the sauce. Sprinkle over the remaining cheese and the breadcrumbs. Bake for 30-35 mins until golden brown and bubbling. Remove from the oven and leave to rest for 5 mins before serving.

GOOD TO KNOW calcium • folate • vit c • 1 of 5-a-day
PER SERVING 906 kcals • fat 44g • saturates 23g • carbs 83g • sugars 19g • fibre 13g • protein 39g • salt 2.1g

Shoot director CLOE ROSE-MANN | Food stylist ELLIE JARVIS | Stylist MAX ROBINSON

WEEKEND BAKE

ROCKY ROAD CAKE

Our baking expert and recipe developer **Liberty Mendez** shares a cake that's handy for using up leftover biscuits and chocolate

recipe LIBERTY MENDEZ *photograph* MIKE ENGLISH

Chocolate rocky road cake

The joy of this recipe is that you can adapt it depending on what you have in the cupboard or biscuit tin. The combination of crunchy sweet-and-salty rocky road with moist, rich chocolate sponge ticks boxes for flavour and texture.

SERVES 10-12 **PREP** 25 mins plus at least 2 hrs setting
COOK 1 hr 5 mins **EASY**

125g salted butter, softened, plus extra for the tin
100ml vegetable oil
125g Greek yogurt
100ml milk
2 tbsp coffee granules, dissolved in 100ml boiling water and cooled (this enhances the chocolate flavour)
2 large eggs
225g light brown soft sugar
200g self-raising flour
1 tsp baking powder
50g cocoa powder

For the rocky road layer

150g biscuits (we used digestives), plus extra for the topping
100g salted butter, cut into cubes
200g dark chocolate, finely chopped
60g golden syrup
80g mini marshmallows, plus extra for the topping
handful of extras of your choice, such as honeycomb pieces, popcorn, nuts, raisins, dried cranberries or glacé cherries (you'll need about 60g), plus extra for the topping

1 Heat the oven to 180C/160C fan/gas 4. Butter the base of a 23cm loose-bottomed cake tin and line with baking parchment. Melt the butter in a small pan over a low heat, then remove from the heat and leave to cool for 3 mins. Whisk the melted butter, oil, yogurt, milk, coffee and eggs together in a large bowl until combined. Whisk the sugar, flour, baking powder and cocoa together in a separate large bowl, breaking up any lumps of sugar with the whisk. Gradually whisk the wet ingredients into the dry until smooth, then pour into the tin. Bake for 55 mins-1 hr until firm to the touch and a skewer inserted into the middle comes out clean with no wet crumbs. Leave to cool completely in the tin.

2 For the rocky road, tip the biscuits into a food bag and bash with a rolling pin until roughly broken up. Melt the butter, chocolate and golden syrup together in a large pan over a low heat, stirring until smooth. Remove from the heat and leave to cool a little.

3 Tip the crushed biscuits, mini marshmallows and any extras into the pan and stir until everything is completely coated in the chocolate mixture. Spoon the rocky road over the cooled cake and smooth with a spatula so the top is completely covered. Sprinkle over some extra biscuit pieces, marshmallows and any other bits you'd like to add. Leave to set at room temperature for at least 2 hrs, or chill for 1 hr to help it set more quickly. Remove the cake from the tin, slice and serve. *Will keep in an airtight container in a cool place for up to two days.*

PER SERVING (12) 609 kcals • fat 38g • saturates 17g • carbs 57g • sugars 34g • fibre 4g • protein 8g • salt 1g

Shoot director JACK HUNTLEY | Food stylist KATIE MARSHALL | Stylist FAYE WEARS











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health

Delicious recipes and top nutrition tips



5 healthy ideas

■ seafood, page 76



healthy diet plan

■ feel-good lunch, page 78



healthy diet plan

■ fabulous fakeaway, page 74



gf healthy diet plan

fabulous fakeaway

Forget a takeaway, this healthy wok supper is quick to cook, and low in fat and calories

photograph MIKE ENGLISH *recipe* SARA BUENFELD

Healthy beef chow mein

SERVES 2 **PREP** 10 mins
COOK 10 mins **EASY**

FIBRE | 3 OF 5-A-DAY | LOW CAL

- 2 wholemeal noodle nests (85g)
- 2 tsp rapeseed or sesame oil
- 200g lean fillet steak, fat removed and cut into strips
- 1 small red onion (100g), finely chopped
- 15g piece of ginger, finely chopped
- 160g chestnut mushrooms, thickly sliced
- 2 garlic cloves, finely chopped
- 160g ready-to-eat beansprouts
- 1½ tsp tamari
- 1 tbsp brown rice vinegar
- 4 spring onions (65g), cut into diagonal lengths

1 Cook the noodles following pack instructions. Meanwhile, heat half the oil in a wok and stir-fry the beef over a high heat for 30 seconds until browned. Tip onto a plate, set aside, then add the remaining oil to the wok. Stir-fry the onion and ginger until softened. Add a drop of water to prevent burning, if needed and cook covered for 2-3 mins.

2 Stir in the mushrooms and garlic, and fry until they start to soften (around 3 mins), then add the beansprouts and cook for a minute or two more until piping hot.

3 Mix the tamari and vinegar together in a small bowl with 2 tbsp water. Add the drained noodles to the wok, toss well, then add the tamari mixture, spring onions and the beef. Stir-fry for a few minutes until heated through. Season with plenty of black pepper and serve.

GOOD TO KNOW healthy • low fat • low cal • folate • vit c • fibre • 2 of 5-a-day
PER SERVING 407 kcals • fat 11g • saturates 3g • carbs 41g • sugars 10g • fibre 8g • protein 32g • salt 1g

Shoot director FREDDIE STEWART | Food stylist REBECCA WOODS | Stylist LUIS PERAL



5 healthy ideas

seafood

High in protein and low in fat, fish makes a great base for lighter dinners. Look for sustainably sourced options



Simple fish stew

SERVES 2 PREP 10 mins COOK 20-25 mins EASY

Heat **1 tbsp olive oil** in a large pan over a medium heat and cook **1 tsp fennel seeds**, **2 carrots**, **2 celery sticks**, chopped, and **2 garlic cloves**, finely chopped, for 5 mins until just soft. Tip in **2 thinly sliced leeks**, a **400g can chopped tomatoes** and **500ml hot fish stock**, then cover and simmer for 15-20 mins until the veg is tender and the sauce has thickened slightly. Add **2 skinless pollock fillets**, cut into chunks, and scatter over **85g raw shelled king prawns**. Cook for 2 mins more. Ladle into bowls and serve.

GOOD TO KNOW healthy • low fat • low cal • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 346 kcals • fat 8g • saturates 1g • carbs 20g • sugars 17g • fibre 11g • protein 42g • salt 1.7g

Sesame salmon, purple sprouting broccoli & sweet potato mash

SERVES 2 PREP 10 mins COOK 15 mins EASY

Heat the oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Mix **1½ tbsp sesame oil** with **1 tbsp low-salt soy sauce**, a **thumb-sized piece of ginger**, peeled and grated, **1 garlic clove**, crushed, and **1 tsp honey**. Cut **2 sweet potatoes** into wedges, tip into a heatproof bowl with **1 lime**, cut into wedges, then cover and microwave on high for 12-14 mins until the potatoes are completely soft. Meanwhile, spread out **250g purple sprouting broccoli** and **2 boneless, skinless salmon fillets** on the prepared tray. Spoon over the marinade and season. Roast for 10-12 mins until the salmon is just cooked, then sprinkle over **1 tbsp sesame seeds**. Discard the lime wedges and roughly mash the potato wedges. Mix in 1 tbsp sesame oil, **1 thinly sliced red chilli** (deseeded, if you like) and some seasoning. Divide between plates, along with the salmon and broccoli.

GOOD TO KNOW healthy • low cal • calcium • folate • fibre • vit c • omega-3 • 2 of 5-a-day
PER SERVING 463 kcals • fat 22g • saturates 4g • carbs 29g • sugars 15g • fibre 10g • protein 32g • salt 1.1g

Hake & seafood cataplana

SERVES 2 PREP 15 mins
COOK 35 mins EASY

Heat **2 tbsp rapeseed oil** in a wide non-stick pan. Fry **1 onion**, halved and thinly sliced, and **250g salad potatoes**, roughly chopped, for 5 mins until starting to soften. Add **1 large red pepper**, chopped, **1 courgette** (200g), thickly sliced, **2 chopped tomatoes** (150g) and **2 garlic cloves**, finely grated, then stir in **1 tbsp cider vinegar** (optional), **2 tsp vegetable bouillon powder** and 200ml water. Bring to a simmer, cover and cook for 25 mins until the peppers and courgettes are tender (if your pan doesn't have a tight-fitting lid, wet a sheet of baking parchment and place it over the stew before covering – this helps keep in the juices). Add **2 skinless hake fillets** (about 240g total), **150g ready-cooked mussels** (not in shells) and **60g peeled raw prawns**, then cover and cook for 5 mins more until the fish flakes easily when pressed with a fork. Scatter over a **large handful of chopped parsley** and serve.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 476 kcals • fat 17g • saturates 2g • carbs 31g • sugars 14g • fibre 8g • protein 47g • salt 1.7g

Citrus & ginger-steamed fish with stir-fry veg

SERVES 2 PREP 10 mins
COOK 10 mins EASY

Mix the **zest and juice of 1 orange** with **1 tbsp low-salt soy sauce** and **2 tsp white wine vinegar**. Line the top of a steamer with baking parchment. Top **2 white fish fillets** with **½ tbsp ginger**, peeled and shredded, then put in the steamer. Spoon over 2 tbsp of the dressing. Cover and steam for 5-6 mins until the fish flakes easily. Heat **2 tsp sesame oil** in a wok and stir-fry **10 spring onions** halved and sliced at an angle, **2 garlic cloves**, thinly sliced, **1 red pepper**, sliced, and **½ tbsp ginger**, peeled and shredded, for 2 mins. Add **140g beansprouts** and cook for 2 mins more. Pour in any juices from the fish. Stir in the dressing. Serve topped with the fish and **1-2 tsp toasted sesame seeds**.

GOOD TO KNOW healthy • low fat • low cal • folate • vit c • 2 of 5-a-day
PER SERVING 259 kcals • fat 7g • saturates 1g • carbs 14g • sugars 11g • fibre 5g • protein 33g • salt 1.2g



Hake a &seafood cataplana



Harissa salmon with zesty cousous



Sesame salmon, purple sprouting broccoli & sweet potato mash

Harissa salmon with zesty couscous

SERVES 2 PREP 10 mins
COOK 15 mins EASY

Heat the oven to 200C/180C fan/gas 6 and lay **2 skinless salmon fillets** in a shallow ovenproof dish. Mix the **juice of 1 orange** with **1 tbsp olive oil** and **1-2 tsp rose harissa** (depending on how much spice you prefer) and pour this over the salmon, then bake for 10-12 mins until the fish flakes easily, but is still moist. Meanwhile, tip **100g couscous** into a pan with the zest of 1 orange and 200ml water. Season with salt. Heat until bubbling at the edges, then cover and turn off the heat. After 5 mins, tip the couscous into a bowl. Toss in **¼ cucumber**, finely chopped, **1 red onion**, finely chopped, a **small bunch of parsley**, finely chopped, **and 1 tbsp toasted flaked almonds** (optional). Serve with the salmon and roasting juices.

GOOD TO KNOW low cal • vit c • 1 of 5-a-day
PER SERVING 467 kcals • fat 23g • saturates 4g • carbs 30g • sugars 5g • fibre 2g • protein 34g • salt 0.2g

gf healthy diet plan

feel-good lunch

As well as being quick, comforting and packed with three of your five-a-day, this pasta recipe is easy to double for feeding a family

photograph DANIELLE WOOD *recipe* SARA BUENFELD



Healthy tuna pasta

SERVES 2 **PREP** 10 mins
COOK 14 mins **EASY**

150g wholemeal penne
1 large leek (200g), halved, and thinly sliced
1 tsp olive oil
160g cherry tomatoes, preferably on the vine
198g can sweetcorn, drained
75g ricotta
160g can tuna in spring water, drained
handful of basil, chopped, plus a few whole leaves to serve

1 Boil the penne with the leek in a large pan of salted water following pack instructions, until al dente.
2 Meanwhile, heat the oil in a large pan over a medium-high heat and fry the tomatoes for a few minutes, until they start to burst and soften. Add the sweetcorn and cook for 2-3 mins to heat through. Drain the pasta and leeks, reserving a little of the pasta water. Tip the drained pasta and leeks into the pan with the tomatoes, then toss through the ricotta and tuna.
3 Season with plenty of black pepper. If you want to loosen the consistency, stir in some of the reserved pasta water along with the chopped basil. Serve scattered with the whole basil leaves.

GOOD TO KNOW healthy • low fat • low cal • calcium • fibre • vit c
PER SERVING 459 kcals • fat 11g • saturates 4g • carbs 56g • sugars 12g • fibre 12g • protein 28g • salt 0.7g

Shoot director FREDDIE STEWART
Food stylist AMY KINNEAR | Stylist LAUREN MILLER

GOURMET LIFESTYLE



ESTONIAN ADVENTURE p80

Competitions, p87

Estonian adventure

Nicola Monteath takes a trip to Tallinn to explore the burgeoning culinary scene





Until recently, my knowledge of Estonia was pretty much just its location on a map. Tallinn, the capital that lies on the southern coast of the Gulf of Finland, merely 70km south of Helsinki, oozes an incredibly distinct charm. A Baltic city teeming with culture and heritage, Tallinn perfectly marries the old with new, seen especially in the preserved Old Town that harks back to over 800 years ago.

A stroll through the narrow, cobbled streets of Tallinn's medieval centre - a UNESCO World Heritage site - will have you gazing at the architecture and peeking into quaint cafés, chocolate boutiques and age-old apothecaries nestled in buildings washed with pastel hues. The Old Town of Tallinn is set on a hill with the medieval buildings climbing up the slopes from various directions. The lower town is still protected by the remnants of a city wall, and at the very top of the old city stands the pink painted Parliament house, the Orthodox cathedral and the medieval Lutheran cathedral, all magnificent sights and viewpoints for travellers.

While Tallinn is a picturesque city, it isn't the sole reason why Estonia has become a trending destination over the last few years. Situated in Northern Europe, the country borders the Baltic Sea and Gulf of Finland, and boasts some of the 'cleanest air in the world.' Unspoiled nature allows for a harmonious connection between the land and people, permitting travellers to walk through the woods, forage mushrooms and berries, and experience life outdoors, year-round.

It's no surprise that expat chefs have chosen to make Estonia their home ground. With four seasons, coastlines, fields, and forests allowing for fresh produce within a radius of 200 kilometres, Estonian flavours, delicious black rye bread and remarkable, seasonal menus, are worth making a trip for.


Telegraaf Hotel




Fotografiska





WHERE TO DINE

Lee Restoran, headed by Canadian-Japanese chef Hiro Takeda, serves a menu highlighting local ingredients. Tucked away in the heart of Tallinn's Old Town, the cosy eatery offers an impressive beverage list that pairs well with their family, sharing-style dishes. The soft Japanese style omelette with green onion sour cream and crunchy potato strings, and the Romaine lettuce 'wrap' with glazed eggplant topped with black bread miso are not to be missed. 'Kohuke' introduces diners to a traditional, nostalgic snack, presented with an indulgent twist of sour cherry jam, blackcurrant glazed cherries and cacao nibs.
leeresto.ee

Perched atop an international photo gallery, **Fotografiska** is the city's most sustainable restaurant and a spectacular venue with views of the urban Telliskivi neighborhood. Chef Peeter Pihel offers everything from nose to tail, composting even minimal food waste the restaurant is left with, to supply to farmers and eateries that grow on-site herbs. Making use of the best local produce, diners can expect local Muhu lamb served as a tartare on a sour-dough miso waffle, with burnt onion mayo and Rautsi fermented chilli. Chef Pihel's dishes also reveal protein, such as seasonal fish, paired with burnt cream sauce, black lemon, and veggies such as leeks roasted in whey or celeriac escabeche, to name a few.
fotografiska.com

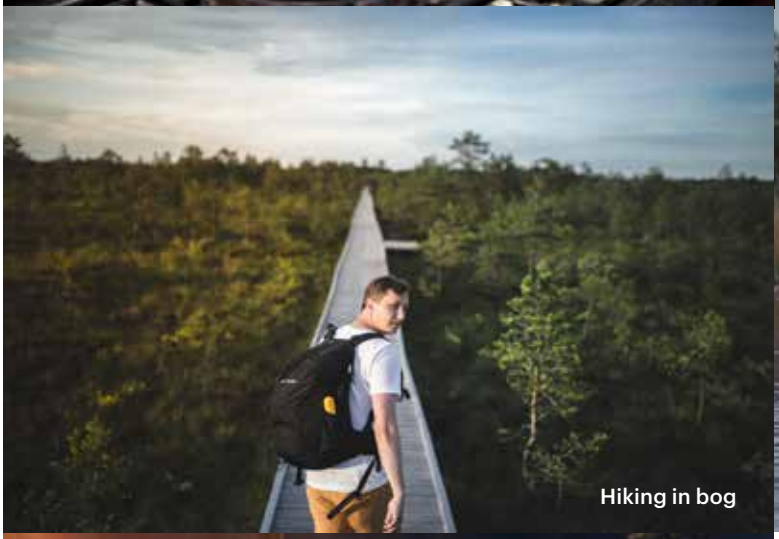
A 45-minute drive from the city takes you to **Restaurant Wicca,** where local, organic and seasonal produce are sourced from surroundings nearby. TV chef Angelica Udeküll is at the helm of the kitchen, serving an evolving menu that spotlights one ingredient per course. The mushroom three ways stole the show, with an amalgam of fungi textures on a bed of caramelized onion cream and roasted onions.
laspa.ee

A gastronomic journey awaits diners at **Noa Chef's Hall,** where a unique grape selection and tasting menu stun diners as they enjoy views of Tallinn Bay. The menu is best kept a









Hiking in bog



Barrel sauna



surprise for all senses, but the charred Fire Leek with cured elk, hollandaise and lemon butter, and the decadent Caviar brulée with lemongrass and Oscietra caviar deserve a special mention for chefs Tõnis Siigur and Orm Oja's creative use of ingredients. We highly recommend ending your holiday with this memorable dining experience.
nch.ee

THINGS TO DO

The **Arvo Pärt Center** is a unique building in line with composer Arvo's creative nature and is open to all music enthusiasts. With an aim to preserve and explore the creative heritage of the composer in Estonia (his home country), the building is a noteworthy attraction as it includes a personal archive, library, 150-seat auditorium, exhibition hall, video room, and classrooms. Workshops and concerts are organised here as well. Take the guided tour to explore Arvo Pärt's manuscripts and listen to his music.
arvopart.ee

Escape to the east of Tallinn and explore **Vihula Manor Country Club & Spa**; an 800-year-old manor set alongside the Mustoja River. Housed within is an alcohol museum showcasing Estonian brands, a vintage car museum and a wishing tree in the backyard.
vihulamanor.com

TREATS TO TAKE HOME

Tallinn's food market **(Balti Jaama Turg)** offers fresh produce (fruit, vegetables, nuts and dried fruits), market stalls, cafés and a supermarket, making it a great spot to shop for local food brands to take home. Here's a selection of Estonian brands:

- **ROOSIKU ORGANIC VEGAN CHOCOLATE:** produced in a factory surrounded by forests and idyllic rolling hills in Roosiku village in Võrumaa, this chocolate was created to disprove the widespread prejudice of raw chocolate being bitter in taste. Available in various flavours, the chocolate is vegan, contains unrefined sweeteners, natural healthy fats, vitamins, flavonoids and antioxidants. Try the organic blueberry and cashew varieties. **roosiku.com**

- **BALSNACK POTATO WAFER:** the first product from the brand, this potato chip is available in flavours such as sour cream and herb, and wasabi, to name a few. It features a long unique shape and boasts a crisp, light texture. **balsnack.ee**

- **LOOV ORGANIC:** these products are not only 100 per cent organic and natural, but also contain zero additives, fillers and preservatives and no GMOs or refined sugars. The brand uses a careful production cycle and freeze-drying method to preserve nutrients, vitamins, antioxidants, colours and flavours found in the country's fresh berries. Try the organic wild blueberry powder and freeze-dried berries. **loovfood.com**

- **MUST UMAMI:** Mustkuuslauk is a natural black garlic product native to Estonia, suitable as a delectable snack or for cooking. Try the black garlic with dark chocolate for a unique burst of umami. **mustkuuslauk.ee**



Telegraaf Hotel















During the winter months, Kõrvemaa is the spot to make a beeline for if you want to immerse yourself in nature, and try kick-sledging in the snow followed by a cabin fire lunch. **Sportland Kõrvemaa** combines hiking and sports activities with sauna experiences, ranging from the large to small igloo, regular sauna with electric heater, and a farm sauna with a wood-burning heater.
sportlandkorvemaa.ee

Iglupark offers gorgeous views of the sea and here, you can relax at an Iglusauna for an invigorating steam. During the colder months (November to March), try winter swimming at temperatures around 1 degree – a popular sport among Estonians.
iglupark.com

WHERE TO STAY

Telegraaf Hotel, part of Marriott's Autograph Collection, is perfectly placed at the heart of the historical old town. The luxury five-star hotel boasts 83 rooms with all the comforts you need for a lavish holiday in the city. Pick from the courtyard or street side view and historical or modern design, with all rooms equipped with double or twin beds and an en-suite bathroom.
telegraafhotel.com

GETTING THERE

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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



ALL-INCLUSIVE STAY AT CENTARA MIRAGE BEACH RESORT DUBAI, WORTH AED1,000

Centara Mirage Beach Resort Dubai, sited on the Deira Islands waterfront, is a themed destination inspired by mythical Thai and Arabian adventures. Designed with family fun in mind, the resort features 607 rooms and suites, a beachfront swimming pool, waterslides, a lazy river, age-specific kids' clubs, a candy-themed kids' spa, a family-friendly lounge and numerous dining venues. Win a one-night stay for two adults and two children, inclusive of food, beverages and a spa treatment for the entire family.



SOCIAL SUNDAY FOR TWO AT AKIRA BACK, WORTH OVER AED950

Level up your Sunday at Akira Back and indulge in a spectacular sharing-style lunch, complete with limitless house beverages. The afternoon affair features an impressive take on adrenaline-fueled Japanese cuisine starring seasonal produce and artisanal sourced ingredients brimming with Korean and International flavours. One lucky winner will get the opportunity to enjoy Akira Back's Social Sunday dining experience for two, inclusive of house beverages and elevated by splendid views of the Dubai skyline.



SUNDAY FAMILY FIESTA BRUNCH AT THE WORLD EATERY, WORTH OVER AED850

The World Eatery's Sunday Family Fiesta Brunch offers international flavours from a buffet, with influences from Europe, Latin America and Asia; and highlights such as sushi, pizza, burgers and vegan bites from the tacos and noodles stations. The experience also boasts a play area for kids, packed with activities including balloon modelling, a magic show and arts and crafts. A family of two adults and two children under 13 years can enjoy The World Eatery's Sunday Family Fiesta Brunch inclusive of soft beverages.



DINING EXPERIENCE AT SILK & SPICE, SOFITEL ABU DHABI CORNICHE, WORTH AED900

One winner will get the chance to experience an exquisite meal at Silk & Spice, an award-winning Thai restaurant at Sofitel Abu Dhabi Corniche. Embark on a sensational culinary journey starring bold and fresh flavours from a palate-pleasing menu, where Thai classics such as Green papaya salad, a delicately-spiced Thai green curry, Pad Thai and Mango sago are just the tip of the iceberg from a seemingly endless and equally diversified list of Thai dishes.

Images SUPPLIED



GROCERIES FROM GRANDIOSE SUPERMARKETS, WORTH AED600

Grandiose Supermarkets are premier food and grocery multi-format stores, offering customers an upscale shopping experience through its hypermarkets, supermarkets and neighbourhood convenience stores, across its chain of 18 stores within the UAE. The brand also holds a reputation due to its singular-focused mantra, to enliven their 'True Family Value' proclamation. Grandiose Supermarkets is offering one lucky winner a voucher to shop all their preferred products in-store.



VOUCHER FROM PREPHEROS, WORTH AED500

PrepHero is not only a nutritious meal plan provider in the region, but also a leading tech company in the health-focused F&B industry with its own PrepHero app. The brand offers meal plans based on specific goals, ranging from healthy fat loss and fuel performance to muscle gain and daily meals to maintain weight; and individual dietary requirements, such as dairy-free, gluten-free, vegan and pescatarian. One lucky winner will receive a three-day meal plan voucher from PrepHero.



A HAMPER AND DINNER VOUCHER FROM ROOBARU, WORTH AED500

Roobaru is a homegrown concept nestled in the heart of Burj Khalifa Boulevard that brings the old, forgotten dishes of India face-to-face with modern flavours and techniques. One lucky winner will receive a voucher to dine at the restaurant, relishing dishes such as Sharjah sambusa, Butter chicken, mouthwatering biryanis and more, alongside a hamper teeming with bites including Roobaru shortbread, Peppercorn bao, House-sliced truffle, signature Smoked garlic butter, Tamarind and date chutney and Spiced mango chutney.



SATURDAY BRUNCH AT PRIME68 FOR TWO, WORTH AED590

Get ready for a culinary journey with Prime68, located high on the 68th floor of the JW Marriott Marquis Dubai. Feast on succulent prime steaks and signatures, served family-style, while overlooking panoramic views over the city. The Saturday brunch presents a new generation of steakhouse, where supreme quality ingredients are served in an elegant, yet modern manner. One lucky winner will receive a voucher for two to enjoy a Saturday brunch at Prime68, inclusive of soft beverages.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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Apple Cinnamon Muffins

INGREDIENTS FOR THE BATTER

2 cups All-Purpose Flour
1 tsp. Ground Cinnamon
1 tsp. Baking Powder
1/2 tsp. Baking Soda
1/2 tsp. Kosher Salt
1/2 cup (1 Stick) Unsalted Butter, softened
1/4 cup Granulated Sugar
1/4 cup Packed Brown Sugar
1 large Egg
1 tsp. Pure Vanilla Extract
1 cup Milk, preferably whole
1 large Granny Smith Apple, peeled, cored, and chopped

FOR THE CRUMB TOPPING

1/2 cup (1 stick) Unsalted Butter, melted and cooled slightly
1/4 cup Packed Brown Sugar
2 tbsp. Granulated Sugar
1 1/2 tsp. Ground Cinnamon
Pinch Kosher Salt
1 cup Plus 2 tbsp. All-Purpose Flour

DIRECTIONS

1. Make the batter: Preheat oven to 350°F with a rack in the middle position; line 2 standard muffin tins with paper liners. In a medium bowl, whisk together flour, cinnamon, baking powder, baking soda, and salt.

2. In a large bowl using a hand mixer or in the bowl of a stand mixer fitted with the paddle attachment, beat butter and sugars together on medium speed until creamy. Add egg and vanilla and beat to combine. Scrape down sides of the bowl to make sure all is evenly incorporated. Add dry ingredients and beat on low speed until just a few dry streaks remain. Add milk and beat to combine. Fold in apples. Fill liners ¾ full with batter (you should get about 15).

3. Make the topping: In a medium bowl, combine melted butter, sugars, cinnamon, and a pinch of salt. Mix in flour until large crumbs form. Divide crumbs evenly over muffins.

4. Bake until a toothpick inserted in the middle of a muffin comes out clean, 20 to 22 minutes. Let cool slightly before serving.

www.delieufruits.eu

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